

Good Times

SUMMER 2013

RECREATION, PARKS & OPEN SPACE



N O R F O L K

Life. Celebrated Daily.



Park & Recreation Month
Summer Camps
Beach Safety Day
Go Skate Day

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TELL US WHY U♥UR PARK & RECREATION

JULY IS PARK & RECREATION MONTH
WWW.FACEBOOK.COM/NORFOLKRPOS

Rec center Spotlight

Tarrallton Community Center

2100 Tarrallton Drive • Norfolk, VA
(757) 441-1765 • www.Norfolk.gov/rpos



Tarrallton Community Center and the adjacent Tarrallton Park is one of Norfolk's largest recreation facilities. Tarrallton's amenities include: a gym, game room, meeting room, kitchen, locker rooms, tennis courts, playground, football fields, adult softball fields, soccer fields, youth baseball fields, a batting cage, cricket field, outdoor restrooms, concession stand, BMX bike trail and picnic shelters.

It's vast amenities and spaces make it a great host for large scale events such as Norfolk's Annual Play Day and Bike Rodeo.



Tarrallton is home of the Tarrallton Athletic Association, offering youth sports teams for basketball, indoor and outdoor soccer, football and cheerleading.

Tarrallton's Senior Club is one of Norfolk's most active, celebrating 43 years since its establishment. Its program has also gone green by eliminating the use of Styrofoam and paper products.



Keep your eye on Norfolk.gov/RPOS for all of the Park & Recreation Month details! Don't forget to show us how you love your Parks & Recreation by posting comments and photos to the RPOS Facebook page throughout July.

FROM THE DIRECTOR

This summer is sure to be an exciting one for Recreation, Parks & Open Space. We are thrilled to launch new programs, see the return of seasoned events, and open a new facility.

July marks National Park & Recreation Month. Last year you *Got Wild* with us all month long and we can't wait for you to tell us why you love your park and recreation this July. We will again host a month of celebration to mark the occasion. Details will be available soon on our website, www.Norfolk.gov/RPOS.

Speaking of website, Norfolk recently launched a completely revamped website. If you haven't had the opportunity to check it out, please do so. Our goal was to reorganize items to make the website more user-friendly. There are several features that will allow you to customize the website to meet your personal needs and interests. We will continue to add more features and functions to the RPOS webpages in the coming months, but as always, let us know if we can make changes to better serve you by emailing suggestions to RPOS@Norfolk.gov.

In late June/early July we will open the new Southside Aquatic Center. To say we are excited to open this new, state of the art facility is an understatement. Staff and community members are working hard to plan an opening celebration and we hope you will be able to join us. Check the RPOS website for details as we move closer to the event.

One of the things that makes Norfolk a unique place to live and play is its rich history. We invite you to celebrate and remember that history through one of our newest events, Twilight Tours of Elmwood Cemetery. Elmwood's Victorian rural park design provides a tranquil setting to escape from urban life. The tour will include tour of the graves of Norfolk's notable citizens, and discussions on Victorian history, tradition, memorial art, and funeral practices. Donations will be accepted and will benefit the newly established Norfolk Society for Cemetery Conservation, a nonprofit organization that partners with RPOS to raise funds to conserve Norfolk's historic cemeteries.



Whether at the cemetery, recreation center, park, or pool, we hope to see you this summer.

Sincerely,

Darrell R. Crittendon, Director
Recreation, Parks & Open Space

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For a listing of all RPOS facilities and amenities, visit www.Norfolk.gov/RPOS.

On the cover: Sophie, age 7, enjoys swimming lessons at the Norfolk Fitness & Wellness Center.

Photo Credit: Stephen Rego, Full Time Lifeguard, Recreation, Parks & Open Space



VOLUNTEER IN YOUR COMMUNITY TODAY!

RPOS is looking for a few good citizens! Are you interested in making a difference in your community? Do you have great skills that you would like to offer to those who need assistance? You can make a difference in your community by becoming a volunteer. We have a number of exciting and rewarding opportunities where you can shine! Opportunities include, but are not limited to: special events, athletic event support, aquatic program mentor, recreation aide, gym assistant, tutors, pottery room assistant, arbor day tree distribution, coaches, dance and music production assistants, and more! See a full list of opportunities at www.Norfolk.gov/rpos. Individuals or groups interested in volunteering may contact Rossi Ivanova, Volunteer Coordinator, via e-mail at rositsa.ivanova@norfolk.gov or by phone at (757) 441-1035. Note: Prior to volunteering, an individual must submit to a criminal background and sexual offender check, costing \$25 that must be incurred by the individual.

RECREATION CENTERS

Hours valid June 19 - August 23. ● Site issues facility use ID card.

● **Bayview Recreation Center (BV)**, 8613 Willow Terrace, Norfolk, VA 23503
Office: (757) 441-1626 Fax: (757) 441-1627
Hours: Mon-Fri: 6:30a-8:30p; Teen Only Hours: 6:00p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

● **Berkley Community Center (BK)**, 121 West Liberty Street, Norfolk, VA 23523
Office: (757) 441-1912 Fax: (757) 441-1906
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Campestella Recreation Center (CS), 1130 Leake Street, Norfolk, VA 23523
Office: (757) 441-1974 Fax: (757) 441-1974
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Captain's Quarters Recreation Center (CQ), 800 Little Bay Avenue, Norfolk, VA 23503
Office: (757) 441-1715 Fax: (757) 441-1715
Hours: Mon-Fri: 6:30a-8:30p; Teen Only Hours: 6:00p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Crossroads Community Center (CR), 8019 Old Ocean View Road, Norfolk, VA 23505
Office: (757) 965-9430
Hours: Mon-Fri: 6:30a-8:30p; Teen Only Hours: 6:00p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

E Ocean View Community Center (OV), 9520 E. 20th Bay Street, Norfolk, VA 23518
Office: (757) 441-1785 Fax: (757) 441-1785
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Fairlawn Recreation Center (FL), 1014 Kempsville Road, Norfolk, VA 23502
Office: (757) 441-5670
Hours: Mon-Fri: 6:30a-8:30p; Teen Only Hours: 6:00p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Grandy Village Recreation Center (GV), 3017 Kimball Terrace, Norfolk, VA 23504
Office: (757) 441-2117
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

● **Huntersville Community Center (HV)**, 830 Goff Street, Norfolk, VA 23504
Office: (757) 664-7434
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Ingleside Recreation Center (IS), 940 Ingleside Road, Norfolk, VA 23502
Office: (757) 441-5675 Fax: (757) 441-5675
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

● **Lambert's Point Community Center (LP)**, 1251 W. 42nd Street, Norfolk, VA 23508
Office: (757) 423-1088 Fax: (757) 423-1408
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Merrimack Landing Recreation Center (ML), 8809 Monitor Way, Norfolk, VA 23503
Office: (757) 441-1783
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

● **Norview Community Center (NV)**, 6380 Sewells Point Road, Norfolk, VA 23513
Office: (757) 441-1440 Fax: (757) 441-5917
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Park Place Community Center (PP), 606 W. 29th Street, Norfolk, VA 23508
Office: (757) 664-7531 Fax: (757) 823-4365
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Sherwood Forest Community Center (SF), 4537 Little John Drive, Norfolk, VA 23513
Office: (757) 441-5824
Hours: Mon-Fri: 6:30a-8:30p; Teen Only Hours: 6:00p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Tarrallton Community Center (TR), 2100 Tarrallton Drive, Norfolk, VA 23518
Office: (757) 441-1765 Fax: (757) 441-1765
Hours: Mon-Fri: 6:30a-8:30p; Teen Only Hours: 6:00p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

● **Titustown Recreation Center (TT)**, 7545 Diven Street, Norfolk, VA 23505
Office: (757) 441-1259 Fax: (757) 441-1288
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

Young Terrace Community Center (YT), 804 Whitaker Lane, Norfolk, VA 23510
Office: (757) 441-2692 Fax: (757) 441-2754
Hours: Mon-Fri: 8:30a-8:30p; Teen Only Hours: 5:30p-8:30p; Sat: 11:00a-4:00p; Sun: Closed

One
Card

One
Low
Rate

Endless
Possibilities

Facility Use ID Card

Gain year-round access to Norfolk's 18 recreation centers and four pools (Northside, Huntersville, Chesterfield & Berkley).

\$10/Ages 17 & Under

\$20/Ages 18-64

Free for Ages 65 & Better

(Rates vary for non-Norfolk residents)

Day passes and family discounts available!
Contact your local rec center for details.

Card Printing Hours:

Bayview, Berkley, Huntersville & Titustown:

Mon-Fri: 3:30p-5:30p, Sat: 12:00p-3:00p

Ingleside Gym: Mon-Fri: 4:00p-8:00p, Sat: 12:00p-3:00p

Norview & Lambert's Point: Mon-Fri: 11:30a-7:30p, Sat: 12:00p-3:00p



YOUTH/FAMILY EVENTS

Participation in recreation center events requires valid facility use I.D card.

For Teen
Events,
See Page
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ACTIVITY/ LOCATION	DAY	DATE	TIME	AGES					
Doughnut Day Celebration (TT)	Th	6/06	5:30p	5-17	Grandy's Got Talent (GV)	M	7/08	6:30p	8 & UP
Senior Luau (LP)	F	6/07	11:00a	50+	Family Domino Challenge Night (CR)	W	7/10	6:00p	All
Norfolk's Got Talent (BV)	S	6/08	11:30a	All	4th of July Celebration & Cookout (IS)	F	7/12	12:00p	5-14
Summer Splash (CQ)	W	6/12	4:30p	6-12	Ice Cream Social (ML)	F	7/12	4:30p	All
Hello Summer Party (ML)	W	6/12	5:00p	5-17	Community Resource Fair (NV)	S	7/13	12:00p	All
Father/Son Shoot-Out (BV)	W	6/12	6:00p	All	Old Time Kickball Tournament (CR)	W	7/17	10:00p	9-12
Father's Day Craft (IS)	Th	6/13	5:00p	5-14	Pre-school Seashore Collage (LP)	S	7/20	1:00p	3-5
Community Fun Day (YT)	F	6/14	10:00a	All	Little Miss Bayview (BV)	T	7/23	4:00p	5-12
End of School Splash Pad Fun Day (NV)	F	6/14	1:30p	5-17	Summer Carnival (BK)	Th	7/25	10:00a	All
Fab Fathers' Breakfast Feast (GV)	S	6/15	11:00a	All	Summer Carnival (CS)	Th	7/25	10:00a	All
Donuts with Dad: Father's Day Celebration (SF)	S	6/15	12:00p	All	Parents' Day (PP)	M	7/29	10:30a	5-8
Father/Son Luncheon (LP)	S	6/15	1:00p	All	Cartooning & Drawing (GV)	T	8/06	6:00p	8 & Up
The Camp: Summer Fun Days (YT)	M-F	6/17-6/21	9:00a	5-12	Family Softball Challenge (CR)	W	8/07	6:00p	All
Soccer Skills Development Session (FL)	W	6/19	6:30p	All	Old Fashioned Ice Cream Party (TT)	Th	8/08	3:30p	5-17
Great Grandy Obstacle Course (GV)	F	6/21	10:00a	8-18	Kickball Tournament (FL)	W	8/14	6:30p	All
Fit into Line Dancing (YT)	T	6/25-8/13	3:00p	5-12	Miss Playground (YT)	Th	8/15	4:00p	5-12
Family Night Festival (HV)	W	6/26	6:00p	All	Kickball Tournament (IS)	Th	8/15	6:00p	9 & Up
Kids' Walk (BK & CS)	Th	6/27	10:00a	All	Youth Summer Fitness Challenge/Cookout (YT)	F	8/16	10:00a	5-12
Summer Blast (PP)	F	6/28	1:30p	5-12	End of Summer Cookout (PP)	F	8/16	12:00p	All
Summer Basketball Skills Challenge (YT)	W	7/03	10:00a	8-12	Hurricane Info & Ice Cream Social (IS)	F	8/16	2:30p	5-14
4th of July Cookout (TT)	W	7/03	12:00p	5-17	Community Day (ML)	S	8/17	11:00a	All
Independence Feast (HV)	W	7/03	1:00p	All	Summer Talent Show (HV)	W	8/21	6:00p	All
Independence Day Ice Cream Party (GV)	W	7/03	3:00p	All	Summer Fishing Contest (BK & CS)	Th	8/22	9:00a	9-12
					End of Summer Bash (NV)	Th	8/22	3:30p	5-12
					Back to School Bash (BV)	S	8/24	12:00p	5-12

YOUR SUMMER ADVENTURE STARTS HERE!

RPOS offers a full range of summer camp programs for ages five through teens. From day camps to swimming, singing and more, with our camps there's nothing but fun in store.

Pick up a Summer Adventure Guide for a full listing of 2013 camps. Guides available at your local recreation center or at Norfolk.gov/RPOS.

Camp Listing:

- Camp Wake Up (Day-care Style Camp)
- Camp Willoughby (Outdoor Adventure)
- Get Out & Play Camp (Drop-In Camp)
- Summer Plunge (Swimming & Water Safety)
- My First Music Camp (Music Sampler)
- Vocal Camp (Singing)
- Strings Camp (Violin, Viola & Cello)
- Band Camp (For the Rockstars)
- Camp Inspired (Just for Teens)
- Camp Inspired: The Sequel (Just for Teens)
- Funtastic Voyages (Therapeutic Recreation)
- Teen Travels (Therapeutic Recreation)
- Around the World (Visual Arts)
- Art Explorations (Visual Arts)



Classes fill quickly. Register early!

AQUATICS

REGISTRATION BEGINS JUNE 8TH.

PROGRAM INFORMATION:

Aquatics Program Hotline (757) 441-1605
For swimming lessons and other Aquatics program information, call the hotline number above, or call or visit any of the swimming pool facilities below.

HUNTERSVILLE INDOOR SWIMMING POOL

830 Goff Street
Norfolk, VA 23504
Office: (757) 664-7431
Fax: (757) 664-7432

NORFOLK FITNESS & WELLNESS CENTER (NFWC)

INDOOR & OUTDOOR SWIMMING POOL
7300 Newport Avenue
Norfolk, VA 23505
Office: (757) 823-4306
Fax: (757) 823-4313

NORTHSIDE INDOOR SWIMMING POOL

8401 Tidewater Drive
Norfolk, VA 23518
Office: (757) 441-1760
Fax: (757) 441-1706

BERKLEY OUTDOOR SWIMMING POOL

89 Liberty Street
Norfolk, VA 23532
Office: (757) 441-1969
Fax: (757) 664-7432

CHESTERFIELD OUTDOOR SWIMMING POOL

2915 Westminister Avenue
Norfolk, VA 23504
Office: (757) 441-5410

OUTDOOR SWIMMING POOL HOURS

CONTACT INDIVIDUAL POOLS FOR DAILY SCHEDULES FOR LAP SWIMMING, GROUP VISITATION AND AGE RESTRICTIONS.

Pools open June 17th

DAYS	BERKLEY	CHESTERFIELD	NFWC
MON	11:00A-6:00P	11:00A-6:00P	11:00A-7:00P
TUE	11:00A-6:00P	CLOSED	11:00A-7:00P
WED	11:00A-6:00P	11:00A-6:00P	CLOSED
THU	CLOSED	11:00A-6:00P	11:00A-7:00P
FRI	11:00A-6:00P	11:00A-6:00P	11:00A-7:00P
SAT	11:00A-4:00P	11:00A-4:00P	11:00A-4:00P
SUN	1:00P-4:00P	1:00P-4:00P	1:00P-4:00P

ADMISSION:
FACILITY USE ID REQUIRED. SINGLE DAY PASS MAY BE PURCHASED.

MEMBERS ONLY.
SEE PAGE 26 FOR MEMBERSHIP INFORMATION

INDOOR SWIMMING POOL HOURS

CONTACT INDIVIDUAL POOLS FOR DAILY SCHEDULES FOR LAP SWIMMING, GROUP VISITATION AND AGE RESTRICTIONS.

As of June 1, 2013

DAYS	HUNTERSVILLE	NORTHSIDE	NFWC
MON	6:30A-8:00P	6:30A-8:00P	6:30A-8:00P
TUE	6:30A-8:00P	6:30A-8:00P	6:30A-8:00P
WED	6:30A-8:00P	6:30A-8:00P	6:30A-8:00P
THU	6:30A-8:00P	6:30A-8:00P	6:30A-8:00P
FRI	6:30A-8:00P	6:30A-8:00P	6:30A-8:00P
SAT	8:00A-5:00P	8:00A-5:00P	8:00A-4:45P
SUN	CLOSED	CLOSED	CLOSED

ADMISSION:
FACILITY USE ID REQUIRED. SINGLE DAY PASS MAY BE PURCHASED.

MEMBERS ONLY.
SEE PAGE 26 FOR MEMBERSHIP INFORMATION

NORFOLK BEACH LIFEGUARD HOURS

Lifeguards on duty Memorial Day weekend-Labor Day.
10:00a - 6:00p Daily

Community Beach Park	700 E. Ocean View Ave.	Between Chesapeake Blvd. & Granby St.
Ocean View Beach Park	100 W. Ocean View Ave.	1st View St. (across from shopping center)
Sarah Constant Beach	300 W. Ocean View Ave.	4th View St. & Mason Creek Rd. (near pier)

Beach Patrol Lifeguard Headquarters: (757) 441-1775 (Seasonal)
CALL 911 FOR EMERGENCIES

NORFOLK Beach Safety Day

June 23, 2013

1:00PM-3:00PM
COMMUNITY BEACH PARK
700 East Ocean View Ave • NORFOLK
Swim Lessons • Water Safety Stations • Prizes



AMERICAN RED CROSS YOUTH “LEARN TO SWIM” PROGRAM LEVEL PLACEMENT CHART

LEVEL	AGE	PREREQUISITES	PURPOSE
PARENT & CHILD AQUATICS: LEVEL 1	6–48 months	No skill prerequisites. Child must be at least 6 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.	To familiarize very young children and their parent(s) or caregiver(s) with basic elements of water safety and the learn-to-swim program. This course is not designed to teach children to be strong swimmers or to survive in the water on their own.
PARENT & CHILD AQUATICS: LEVEL 2	18–48 months	Complete Parent and Child Aquatics, Level 1. Child must be at least 18 months of age and wear a swim diaper if needed. Parent or caregiver must accompany child in the water.	To familiarize very young children and their parent(s) or caregiver(s) with basic elements of water safety and the learn-to-swim program. This course is not designed to teach children to be strong swimmers or to survive in the water on their own.
PRE-SCHOOL AQUATICS: LEVEL 1	4-5 years	No skill prerequisites. Child must confidently separate from parent and follow instructor’s directions.	To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills.
PRESCHOOL AQUATICS: LEVEL 2	4-5 years	Completion of Preschool Aquatics Level 1 or must demonstrate ability to perform exit skills of that level. Child must confidently separate from parent and follow instructor’s directions.	To build on the basic aquatic skills learned in Preschool Aquatics: Level 1.
PRESCHOOL AQUATICS: LEVEL 3	4-5 years	Completion of Preschool Aquatics Level 2 or must demonstrate ability to perform exit skills of that level. Child must confidently separate from parent and follow instructor’s directions.	To increase proficiency and build on basic aquatic skills learned in Preschool Aquatics: Levels 1 & 2 by providing additional guided practice with increased distances and times.
LEVEL I: INTRODUCTION TO WATER SKILLS	6-15 years	No skill prerequisites. Child must confidently separate from parent and follow instructor’s directions	To begin developing positive attitudes, good swimming habits and safe practices in and around the water.
LEVEL II: FUNDAMENTAL AQUATIC SKILLS	6-15 years	Valid Level I certificate or must demonstrate ability to perform exit skills of that level.	To improve upon fundamental skills, including learning how to float without support and to recover to a vertical position
LEVEL III: STROKE DEVELOPMENT	7-15 years	Valid Level II certificate or must demonstrate ability to perform exit skills of that level.	To build on the skills in Level II by providing additional guided practice in deeper water.
LEVEL IV: STROKE IMPROVEMENT	8-15 years	Valid Level III certificate or must demonstrate ability to perform exit skills of that level.	To develop confidence in the strokes learned in Level III and to improve other aquatic skills.
LEVEL V: STROKE REFINEMENT	9-15 years	Valid Level IV certificate or must demonstrate ability to perform exit skills of that level.	To learn how to further coordinate and refine strokes.
LEVEL VI: SWIMMING & SKILL PROFICIENCY (PERSONAL WATER SAFETY)	9-15 years	Valid Level V certificate or must demonstrate ability to perform exit skills of that level.	To refine strokes so participants swim with more ease, efficiency, power and smoothness over greater distances. To teach participants how to prevent aquatic emergencies in various aquatic environments. To introduce and practice self-rescue techniques.
LEVEL VI: SWIMMING & SKILL PROFICIENCY (FITNESS SWIMMER)	9-15 years	Valid Level V certificate or must demonstrate ability to perform exit skills of that level.	To refine strokes so participants swim with more ease, efficiency, power and smoothness over greater distances.

Classes fill quickly. Register early!

SWIMMING LESSON GUIDELINES & COURSE LISTINGS

- Children who are not toilet-trained must wear swim diapers.
- Everyone learns at a different pace. Students may need to participate in the same course level multiple times before progressing to the next level.
- Ages provided in the Swimming Skills Level Placement Chart are the average projected progression ages for swim lesson participants.
- Please register at the location in which you intend to take lessons.
- Please note registration dates and deadlines. Late fees will be applied to registrations after the posted deadline.

PARENT & CHILD AQUATICS: LEVEL 1

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434121-03	Huntersville	Sa	6/29-8/17	11:30a-12:00n	6/21	8 times	\$25	\$38
470121-11	NFWC	Tu/Th	6/25-7/23	11:00a-11:30a	6/18	8 times	\$25	\$38
470121-12	NFWC	Tu/Th	7/30-8/22	11:00a-11:30a	7/23	8 times	\$25	\$38
446121-04	Northside	Sa	6/29-8/17	12:00n-12:30p	6/21	8 times	\$25	\$38
446121-05	Northside	W/F	7/31-8/23	5:00p-5:30p	7/24	8 times	\$25	\$38

Note: No class July 4.

PARENT & CHILD AQUATICS: LEVEL 2

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
470122-11	NFWC	Tu/Th	6/25-7/23	5:00p-5:30p	6/18	8 times	\$25	\$38
470122-12	NFWC	Tu/Th	7/30-8/22	5:00p-5:30p	7/23	8 times	\$25	\$38
446122-04	Northside	Sa	6/29-8/17	12:30p-1:00p	6/21	8 times	\$25	\$38
446122-05	Northside	W/F	7/31-8/23	5:30p-6:00p	7/24	8 times	\$25	\$38

Note: No class July 4.

PRESCHOOL AQUATICS: LEVEL 1

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434123-04	Huntersville	W/F	6/26-7/19	5:00p-5:45p	6/19	8 times	\$30	\$45
434123-05	Huntersville	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
470123-11	NFWC	Tu/Th	6/25-7/23	5:00p-5:45p	6/18	8 times	\$30	\$45
470123-12	NFWC	Sa	6/29-8/17	9:00a-9:45a	6/21	8 times	\$30	\$45
470123-13	NFWC	Tu/Th	7/30-8/22	5:00p-5:45p	7/23	8 times	\$30	\$45
446123-06	Northside	Tu/Th	6/25-7/23	5:00p-5:45p	6/18	8 times	\$30	\$45
446123-07	Northside	W/F	6/26-7/19	5:00p-5:45p	6/19	8 times	\$30	\$45
446123-08	Northside	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45

Note: No class July 4.

PRESCHOOL AQUATICS: LEVEL 2

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434124-04	Huntersville	W/F	6/26-7/19	6:00p-6:45p	6/19	8 times	\$30	\$45
434124-05	Huntersville	Sa	6/29-8/17	12:00p-12:45p	6/21	8 times	\$30	\$45
470124-10	NFWC	Tu/Th	6/25-7/23	5:00p-5:45p	6/18	8 times	\$30	\$45
470124-11	NFWC	Sa	6/29-8/17	9:00a-9:45a	6/21	8 times	\$30	\$45
470124-12	NFWC	Tu/Th	7/30-8/22	5:00p-5:45p	7/23	8 times	\$30	\$45
446124-06	Northside	M	6/24-8/12	6:00p-6:45p	6/17	8 times	\$30	\$45
446124-07	Northside	Sa	6/29-8/17	9:00a-9:45a	6/21	8 times	\$30	\$45

Note: No class July 4.

PRESCHOOL AQUATICS: LEVEL 3

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
470125-04	NFWC	Sa	6/29-8/17	9:00a-9:45a	6/21	8 times	\$30	\$45

LEVEL I: INTRODUCTION TO WATER SKILLS

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434126-12	Huntersville	Tu/Th	6/25-7/23	4:00p-4:45p	6/18	8 times	\$30	\$45
434126-13	Huntersville	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
434126-14	Huntersville	Sa	6/29-8/17	11:00a-11:45a	6/21	8 times	\$30	\$45

470126-15	NFWC	Tu/Th	6/25-7/23	6:00p-6:45p	6/18	8 times	\$30	\$45
470126-16	NFWC	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
470126-17	NFWC	Tu/Th	7/30-8/22	6:00p-6:45p	7/23	8 times	\$30	\$45
446126-11	Northside	W/F	6/26-7/19	5:00p-5:45p	6/19	8 times	\$30	\$45
446126-12	Northside	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
446126-13	Northside	Sa	6/29-8/17	11:00a-11:45a	6/21	8 times	\$30	\$45

Note: No class July 4.

LEVEL II: FUNDAMENTAL AQUATIC SKILLS

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434127-10	Huntersville	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
434127-11	Huntersville	Sa	6/29-8/17	11:00a-11:45a	6/21	8 times	\$30	\$45
434127-12	Huntersville	Tu/Th	7/30-8/22	5:00p-5:45p	7/23	8 times	\$30	\$45
470127-17	NFWC	Tu/Th	6/25-7/23	6:00p-6:45p	6/18	8 times	\$30	\$45
470127-18	NFWC	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
470127-19	NFWC	Tu/Th	7/30-8/22	6:00p-6:45p	7/23	8 times	\$30	\$45
446127-10	Northside	M	6/24-8/12	5:00p-5:45p	6/17	8 times	\$30	\$45
446127-11	Northside	Tu/Th	6/25-7/23	5:00p-5:45p	6/18	8 times	\$30	\$45
446127-12	Northside	Sa	6/29-8/17	11:00a-11:45a	6/21	8 times	\$30	\$45

Note: No class July 4.

LEVEL III: STROKE DEVELOPMENT

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434128-08	Huntersville	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
434128-09	Huntersville	Sa	6/29-8/17	11:00a-11:45a	6/21	8 times	\$30	\$45
470128-13	NFWC	Tu/Th	6/25-7/23	6:00p-6:45p	6/18	8 times	\$30	\$45
470128-14	NFWC	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
470128-15	NFWC	Tu/Th	7/30-8/22	6:00p-6:45p	7/23	8 times	\$30	\$45
446128-13	Northside	M	6/24-8/12	5:00p-5:45p	6/17	8 times	\$30	\$45
446128-14	Northside	Sa	6/29-8/17	9:00a-9:45a	6/21	8 times	\$30	\$45
446128-15	Northside	Tu/Th	7/30-8/22	5:00p-5:45p	7/23	8 times	\$30	\$45

Note: No class July 4.

LEVEL IV: STROKE IMPROVEMENT

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434129-04	Huntersville	Sa	6/29-8/17	12:00n-12:45p	6/21	8 times	\$30	\$45
470129-05	NFWC	Tu/Th	6/25-7/23	6:00p-6:45p	6/18	8 times	\$30	\$45
470129-06	NFWC	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
470129-07	NFWC	Tu/Th	7/30-8/22	6:00p-6:45p	7/23	8 times	\$30	\$45
446129-10	Northside	Tu/Th	6/25-7/23	6:00p-6:45p	6/18	8 times	\$30	\$45
446129-11	Northside	Sa	6/29-8/17	12:00n-12:45p	6/21	8 times	\$30	\$45
446129-12	Northside	Tu/Th	7/30-8/22	5:00p-5:45p	7/23	8 times	\$30	\$45

Note: No class July 4.

LEVEL V: STROKE REFINEMENT

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
434130-04	Huntersville	Sa	6/29-8/17	12:00p-12:45p	6/21	8 times	\$30	\$45
446130-07	Northside	Sa	6/29-8/17	10:00a-10:45a	6/21	8 times	\$30	\$45
446130-08	Northside	Sa	6/29-8/17	11:00a-11:45a	6/21	8 times	\$30	\$45
446130-09	Northside	Tu/Th	7/30-8/22	6:00p-6:45p	7/23	8 times	\$30	\$45

LEVEL VI: SWIMMING & SKILL PROFICIENCY (FITNESS SWIMMER)

(To determine appropriate course for age and skill, see Level Placement Chart on page 7.)

Activity #	Location	Day	Date	Time	Registration Deadline	Course Meets	Fees Resident	Non-Resident
446133-05	Northside	Sa	6/29-8/17	9:00a-9:45a	6/21	8 times	\$30	\$45

Classes fill quickly. Register early!

Teen & Adult Swimming Programs

TWEENS & TEEN BEGINNER SWIMMING • AGES: 9-15

Gain a comfort level in the water and improve individual swimming skills. This course is designed to be repeated to progress through each level at an individual pace.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470134-04	Tu/Th	6/25-7/23	11:00a-11:45a	6/18	\$30/\$45
470134-05	Tu/Th	7/30-8/22	11:00a-11:45a	7/23	\$30/\$45

Note: No class July 4.

TEEN & ADULT BEGINNER SWIMMING • AGES: 16 & UP

Gain a comfort level performing front and back strokes. This course is designed to be repeated to progress through each level at an individual pace.

LOCATION: HUNTERSVILLE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
434135-06	Sa	6/29-8/17	10:00a-10:45a	6/21	\$30/\$45
434135-07	Sa	6/29-8/17	11:00a-11:45a	6/21	\$30/\$45

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470135-02	Sa	6/29-8/17	11:00a-11:45a	6/21	\$30/\$45

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446135-05	W/F	6/26-7/19	6:00p-6:45p	6/19	\$30/\$45
446135-06	W/F	7/31-8/23	6:00p-6:45p	7/24	\$30/\$45

TEEN & ADULT AMERICAN RED CROSS LIFEGUARD TRAINING PROGRAM • AGES: 15 & UP

Prerequisite: Participants must successfully complete the pre-course swimming test.

Pre-course swimming tests are conducted weekly at each indoor pool throughout the year. For pre-course testing dates and times please call (757) 441-1605.

Lifeguard candidates will be trained to prevent and respond to emergencies in and around the water. Upon successful completion of this course, students will receive American Red Cross certifications (two year) in Lifeguard Training, First Aid, Emergency Oxygen and CPR/AED for the Professional Rescuer. Students must purchase class supplies by the first class meeting. Prior to the course start date, contact the pool where you are enrolled for class supply information, as well as pre-test dates and times.

LOCATION: HUNTERSVILLE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470137-02	M/Th	8/05-8/31	5:00p-8:30p	7/29	\$95/\$105
	Sa		10:00a-3:00p		

LOCATION: NFWC SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470137-01	M/W	7/08-7/24	5:00p-8:30p	7/01	\$95/\$105
	Sa		10:00a-3:00p		

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446137-01	Tu/Th	6/04-6/29	5:00p-8:30p	5/28	\$95/\$105
	Sa		10:00a-3:00p		

Teen & Adult Water Fitness

AQUATIC ARTHRITIS EXERCISE • AGES: 16 & UP

Footwear: Water shoes are recommended.

Instructor leads participants in exercises that help improve joint flexibility and muscle strength. Instructors are trained and certified by the Arthritis Foundation.

LOCATION: HUNTERSVILLE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
434116-11	Tu/Th	7/02-7/30	9:00a-9:50a	6/25	\$20/\$30
434116-12	Tu/Th	8/01-8/29	9:00a-9:50a	7/25	\$20/\$30
434116-13	Tu/Th	9/03-9/26	9:00a-9:50a	8/27	\$20/\$30

Note: No class July 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470116-10	M/Th	7/01-7/29	10:00a-10:50a	6/24	\$20/\$30
470116-11	M/Th	8/01-8/29	10:00a-10:50a	7/25	\$20/\$30
470116-12	M/Th	9/05-9/30	10:00a-10:50a	8/28	\$20/\$30

Note: No class July 4 or Sep 2.

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446116-10	M/W/F	7/01-7/31	1:00p-1:50p	6/24	\$30/\$45
446116-11	M/W/F	8/02-8/30	1:00p-1:50p	7/26	\$30/\$45
446116-12	M/W/F	9/04-9/30	1:00p-1:50p	8/28	\$30/\$45

Note: No class Sep 2.

SHALLOW WATER FITNESS • AGES: 16 & UP

Footwear: Water shoes are recommended.

Improve your cardiovascular health, flexibility, muscle tone and endurance.

LOCATION: HUNTERSVILLE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
434117-10	Tu/Th	7/02-7/30	5:30p-6:20p	6/25	\$25/\$38
434117-11	Tu/Th	8/01-8/29	5:30p-6:20p	7/25	\$25/\$38
434117-12	Tu/Th	9/03-9/26	5:30p-6:20p	8/27	\$25/\$38

Note: No class July 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470117-10	M/Th	7/01-7/29	8:30a-9:20a	6/24	\$25/\$38
470117-11	M/Th	8/01-8/29	8:30a-9:20a	7/25	\$25/\$38
470117-12	M/Th	9/05-9/30	8:30a-9:20a	8/28	\$25/\$38

Note: No class July 4 or Sep 2.

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446117-10	M/W/F	7/01-7/31	9:00a-9:50a	6/24	\$30/\$45
446117-11	Tu/Th	7/02-7/30	6:00p-6:50p	6/25	\$25/\$38
446117-13	Tu/Th	8/01-8/29	6:00p-6:50p	7/25	\$25/\$38
446117-12	M/W/F	8/02-8/30	9:00a-9:50a	7/26	\$30/\$45
446117-15	Tu/Th	9/03-9/26	6:00p-6:50p	8/27	\$25/\$38
446117-14	M/W/F	9/04-9/30	9:00a-9:50a	8/28	\$30/\$45

Note: No class July 4 or Sep 2.

DEEP WATER FITNESS • AGES: 16 & UP

Prerequisite: Participants must be able to tread water comfortably without the use

of a flotation device. Flotation Devices: Participants wear flotation belt for buoyancy.

Flotation belts are provided.

Enjoy a high-energy, non-impact cardiovascular workout in deep water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
470118-16	Tu/F	7/02-7/30	10:00a-10:50a	6/25	\$25/\$38
470118-17	Tu/F	8/02-8/30	10:00a-10:50a	7/26	\$25/\$38
470118-18	Tu/F	9/03-9/27	10:00a-10:50a	8/26	\$25/\$38

LOCATION: NORTHSIDE SWIMMING POOL

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
446118-11	M/W/F	7/01-7/31	6:00p-6:50p	6/24	\$30/\$45
446118-12	M/W/F	8/02-8/30	6:00p-6:50p	7/26	\$30/\$45
446118-13	M/W/F	9/04-9/30	6:00p-6:50p	8/28	\$30/\$45

Note: No class Sep 2.

ATHLETICS & RECREATIONAL SPORTS

LAKEWOOD ATHLETIC OFFICE

1612 Willow Wood Drive
Norfolk, VA 23509
Office: (757) 441-5834/5835
Fax: (757) 441-5975

LAKEWOOD ATHLETIC OFFICE HOURS	
DAYS	HOURS
MON & WED	9:00A-8:00P
TUE, THU, FRI	9:00A-6:00P
SAT & SUN	CLOSED

NORTHSIDE SKATE PLAZA

8401 Tidewater Drive
Norfolk, VA 23518
Skate Park: (757) 793-9100



OPEN DAILY FROM SUNRISE TO SUNSET

The Northside Skate Plaza is a "SKATE AT YOUR OWN RISK" park. The skate plaza is free of charge and open from sunrise to sunset. The park will be manned during peak hours (which may vary based on the time of year). Special events will be posted on the display board at the skate plaza.

BARRAUD PARK BOXING CENTER

2500 Barraud Avenue
Norfolk, VA 23504
Office: (757) 441-2787/2326
Fax: (757) 441-2327



Are you looking for a program to teach you the sweet science of boxing? Team Norfolk is the perfect program for you. Team Norfolk has developed state & regional champions on the junior and senior levels and produced its first professional fighter. Join Team Norfolk and learn from U.S. Olympic Boxing Coach Gloria Peek.

Participants must be Norfolk residents and must possess a current Athletic I.D. Card issued by the City of Norfolk. An Athletic I.D. Card costs \$5 (\$10 for ages 18 & up) and is valid for one year from date issued. Information on how to acquire an Athletic I.D. Card will be made available at time of registration. Participants involved in competition must pay an annual registration fee to USA Boxing. See Coach Gloria Peek for more information or contact (757) 441-2787.

BARRAUD PARK BOXING CENTER HOURS			
DAYS	OFFICE HOURS	PARTICIPANT AGES	PROGRAM HOURS
MON - THU	1:00P-4:00P	BEGINNER JUNIOR (8-16)	VARIES BASED ON PROGRAM
		ADVANCED JUNIOR (8-16)	VARIES BASED ON PROGRAM
		SENIORS (17-33)	VARIES BASED ON PROGRAM
FRI	1:00P-3:30P	BEGINNER JUNIOR (8-16)	VARIES BASED ON PROGRAM
SAT & SUN	CLOSED	CLOSED	CLOSED

YOUTH SPORTS LEAGUES

Requirements for participation:

- Must be a resident of Norfolk.
- Must meet all age and weight requirements (if applicable) as specified for the sport.
- Child can play on only one sports team per season.
- Must possess a current Athletic I.D. Card issued by the City of Norfolk. Athletic I.D. Card costs \$5 per child and is valid for one year from the date issued. Information on how to acquire an Athletic I.D. Card will be made available at time of registration.

Additional registration fees as well as equipment and supply costs may apply and are determined by the affiliate athletic association of your child's sports team. For contact information for individual athletic associations or additional information about youth sports leagues, call the Lakewood Athletic Office at (757) 441-5834 or 5835.

PLEASE NOTE THAT LAKEWOOD ATHLETIC OFFICE DOES NOT HAVE A TEAM BUT ONLY ASSISTS INDIVIDUALS WITH FINDING ATHLETIC ASSOCIATIONS LOOKING FOR PLAYERS.

YOUTH FOOTBALL • AGES: 5-14

(Age as of 9/01/13, refer to chart below)

Team Registration: Mon, Jul 8 - Fri, Aug 9

Player Registration: Begins Mon, Aug 12

Season Begins: Sat, Sep 7

Coaches' Meeting: Sat, Aug 24 at 11:00a

Meeting Location: Lambert's Point Community Center

Athletic ID Card Fee: \$5

YOUTH FOOTBALL AGE DIVISIONS		
DIVISION	AGES	WEIGHT LIMIT
JUNIOR FLAG	5-7	NONE
SENIOR FLAG	8-9	NONE
TRAINING	8-9	105 LBS
PEE WEE	9-10	129 LBS
MIDGET	11-12	144 LBS
BANTAM	13-14	167 LBS

ADULT SPORTS LEAGUES

Enjoy fun, yet competitive sports play designed for the athlete, former athlete, aspiring athlete or the "not-so-athletic" athlete. Different leagues offer varying levels of competition. All games are assigned well-trained officials. To join or enter a team, call the Lakewood Athletic Office at (757) 441-5834 or 5835 for assistance or visit the office.

CO-ED KICKBALL • AGES: 18 & UP

Registration: Mon, May 27 - Fri, Jun 28

Season Begins: Thu, Jul 11

Coaches' Meeting: Mon, Jul 8 at 6:30p

Meeting Location: Lakewood Athletic Office

Team Fee: \$175

YOUTH SPORTS INSTRUCTIONAL PROGRAMS

MARTIAL ARTS

Register for all martial arts courses at Norfolk Fitness & Wellness Center (NFWC) located at 7300 Newport Avenue. Instructor cannot accept registrations or payments. **Additional fees for uniforms, etc. will be required.** For additional information about the course, call the Norfolk Fitness & Wellness Center, (757) 823-4301. Instructed by 6th Degree Black Belt, Mark Gerszewski.

TAE KWON DO • AGES: 5-17

Try this popular sport and exercise that knows no gender or age boundaries. Develop strength, speed, balance, flexibility and stamina as well as mental and physical discipline. Meets on a regular monthly schedule.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

TAE KWON DO I: YOUTH BEGINNING

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
79004-01	M/Th	7/01-7/29	4:45p-5:45p	6/24	\$38/\$57
79004-02	Tu/F	7/02-7/30	4:45p-5:45p	6/25	\$38/\$57
79004-03	M/Th	8/05-8/29	4:45p-5:45p	7/29	\$38/\$57
79004-04	Tu/F	8/02-8/30	4:45p-5:45p	7/26	\$38/\$57
79004-05	M/Th	9/05-9/30	4:45p-5:45p	8/27	\$38/\$57
79004-06	Tu/F	9/03-9/27	4:45p-5:45p	8/25	\$38/\$57

Note: No class Jul 4 or Sep 2.

TAE KWON DO II: YOUTH INTERMEDIATE

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
79004-07	M/Th	7/01-7/29	5:45p-6:45p	6/24	\$38/\$57
79004-08	Tu/F	7/02-7/30	5:45p-6:45p	6/25	\$38/\$57
79004-09	M/Th	8/05-8/29	5:45p-6:45p	7/29	\$38/\$57
79004-10	Tu/F	8/02-8/30	5:45p-6:45p	7/26	\$38/\$57
79004-11	M/Th	9/05-9/30	5:45p-6:45p	8/27	\$38/\$57
79004-12	Tu/F	9/03-9/27	5:45p-6:45p	8/25	\$38/\$57

Note: No class Jul 4 or Sep 2.

TAE KWON DO III: YOUTH ADVANCED

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
79004-13	M/Th	7/01-7/29	6:45p-7:45p	6/24	\$38/\$57
79004-14	Tu/F	7/02-7/30	6:45p-7:45p	6/25	\$38/\$57
79004-15	M/Th	8/05-8/29	6:45p-7:45p	7/29	\$38/\$57
79004-16	Tu/F	8/02-8/30	6:45p-7:45p	7/26	\$38/\$57
79004-17	M/Th	9/05-9/30	6:45p-7:45p	8/27	\$38/\$57
79004-18	Tu/F	9/03-9/27	6:45p-7:45p	8/25	\$38/\$57

Note: No class Jul 4 or Sep 2.

QUICK REFERENCE: NORFOLK SPORTS LEAGUES

ADULT SPORTS					
SPORT	AGES	SEASON	GAME SITES	COST	LEAGUE SANCTION
BASKETBALL (MEN'S & WOMENS)	18 & UP	FEB-MAY	FAIRLAWN, HUNTERSVILLE, INGLESIDE GYM	\$450/TEAM	NONE (FOLLOW VHSL GUIDELINES)
MEN'S, WOMEN'S & CO-ED SOFTBALL	18 & UP	APR-AUG (SPRING) AUG-NOV (FALL)	LAKEWOOD, LARRYMORE, NORTHSIDE, POPLAR HALL, SHERWOOD FOREST, TARRALLTON	\$400/TEAM	ASA
CO-ED KICKBALL	18 & UP	JUL-SEP	LARCHMONT, LAKEWOOD	\$175/TEAM	NONE
CO-ED VOLLEYBALL	18 & UP	SEP-DEC	INGLESIDE GYM, TITUSTOWN	\$175/TEAM	NONE

YOUTH SPORTS					
SPORT	AGES	SEASON	GAME SITES	LEAGUE SANCTION	
FOOTBALL	5-14	SEP-NOV	LAKEWOOD, LARCHMONT, TAC, TARRALLTON	NONE (FOLLOW VHSL GUIDELINES)	
BASKETBALL	5-17	JAN-MAR	VARIOUS RECREATION CENTERS	NONE (FOLLOW VHSL GUIDELINES)	
BASEBALL	5-17	APR-JUL	BARRAUD, FAIRLAWN, LAKEWOOD	RBI	
SOFTBALL	13-17	APR-JUL	BARRAUD, FAIRLAWN, LAKEWOOD	RBI	
INDOOR SOCCER	5-17	NOV-DEC	FAIRLAWN, NORVIEW, SHERWOOD FOREST, TARRALLTON, TITUSTOWN	NONE (FOLLOW VHSL GUIDELINES)	
OUTDOOR SOCCER	5-17	MAR-JUN	LAKE TAYLOR COMPLEX	NONE (FOLLOW VHSL GUIDELINES)	
CO-ED VOLLEYBALL	8-17	JUN-JUL	INGLESIDE GYM, TITUSTOWN	NONE (FOLLOW VHSL GUIDELINES)	

Register for Tennis Lessons Today



Ages: Five through Adult
Skills: All Skills Levels Welcome
Location: Northside Park
More info: jackpepiot@hotmail.com
or 757-441-5835



About the Instructor:

All lessons instructed by USPTA Professional (pro-1) Jack Pepiot. Jack brings years of experience developing players at resorts, clubs and camps across the country.

ARTS & CRAFTS

REGISTRATION BEGINS JUNE 3RD.

TITUSTOWN VISUAL ARTS CENTER
7545 Diven Street
Norfolk, VA 23505
Office: (757) 441-1227
Fax: (757) 441-1279

VISUAL ARTS OFFICE HOURS		
DAYS	OFFICE/REGISTRATION HOURS	INSTRUCTIONAL
MON - THU	10:00A-5:00P	9:00A-9:00P
FRI	10:00A-4:00P	9:00A-5:00P
SAT	10:00A-2:00P DURING SESSION ONLY	9:00A-2:00P
SUN	CLOSED	CLOSED



YOUTH ART

Students will be provided a listing of necessary materials at registration.

ANCIENT FORMS: GREECE • AGES: 4-7 *New*

The amphora jar is an example of a classic ceramic vessel from ancient Greece. Use hand-built techniques to construct and decorate a ceramic jar inspired by this ancient form. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467853-11	Th	7/18-8/01	10:30a-11:30a	7/12	\$35/\$53

UNDERWATER WORLDS • AGES: 4-7

There are sea horses and dolphins, whales and fish. What about sea dragons, do they really exist? Dive in, sculpt and paint an ocean-full of underwater friends. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467844-09	Tu	7/09-7/23	4:30p-5:30p	7/05	\$25/\$38

DRAWING & PAINTING

ARTING BIGFOOT • AGES: 8-14 *New*

Draw, color and build a clay sculpture of the famous ape-like creature known as Bigfoot! Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467853-12	F	7/12-8/09	2:00p-3:00p	7/05	\$45/\$68

CARTOONING • AGES: 7-17

Cartoons speak to children in a language they love—fun and laughter! Develop basic skills in a simple format using circles, squares and rectangles. Bring a 14"x17" sketchbook, #2 pencils and a kneaded eraser to each class. Approximate cost of supplies is \$15. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-01	Tu	6/25-8/27	4:30p-5:30p	6/21	\$35/\$53

Classes fill quickly. Register early!

DRAWING FOR TEENS: INSIDE THE BOX • AGES: 12-17

Add the element of three-dimensionality to drawing. Tackle linear perspective and learn to construct the face and head while placing it inside the box! Bring a 14" x 17" sketchbook, drawing pencils and a kneaded eraser to each class. Approximate cost of supplies is \$15. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-07 W	7/10-8/28	4:00p-5:30p	7/05	\$45/\$68

MYTHICAL CREATIONS • AGES: 8-14

Imaginations run wild as Dragons, Fairies, Gargoyles and Unicorns take shape! Create multi-media Paper Maché sculptures of these wondrous creatures. Students should come prepared with ideas and images of mythical creatures. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467853-08 W	7/10-8/14	4:00p-5:30p	7/05	\$40/\$60

OIL PAINTING FOR TEENS • AGES: 12-17

Painting is about expression! Have fun learning to paint "alla-prima," directly and passionately, with oil paints. Approximate cost of supplies \$55. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-05 F	7/12-8/16	10:00a-12:00n	7/05	\$50/\$75

New

PAINT OUT: ACRYLIC PAINTING • AGES: 8-14

Experience the world outside of the studio. Take in the sights, sounds and ever-changing landscape while painting in open air! Easels, brushes and paints provided. Students are required to bring canvas and paper towels. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467848-09 Tu	7/02-7/23	10:00a-12:00n	6/28	\$45/\$68

PHOTOGRAPHY

"Photography takes an instant out of time, altering life by holding it still." -Dorothea Lange

BLACK & WHITE PHOTOGRAPHY: TEEN SELF-PORTRAITS • AGES: 13-17

There is nothing more amazing than seeing a photograph come to life in the darkroom. Explore alternative ways to take self-portraits. A 35-mm camera is available for classroom use. Bring one roll of 35-mm black and white film to the first class. Students must purchase additional supplies that cost approximately \$20. Instructed by Lenore Teevan.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467823-02 Sa	7/20-8/17	10:00a-12:30p	7/12	\$75/\$113

SUPER HEROES • AGES: 8-12

Unravel the mystery and learn to draw superheroes. Create action poses that bring characters to life! Bring a 14" x 17" sketchbook, #2 pencils and a kneaded eraser to each class. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467840-03 M	7/08-8/12	4:30p-5:30p	6/28	\$45/\$68

TIE DYE • AGES: 8-17

Tired of last year's threads? Bring in your old cotton bags, tee shirts and pillow cases for a fresh look! Twist, tie and dye wearable works of art. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467844-03 F	7/19-8/02	10:30a-11:30a	7/12	\$25/\$35

POTTERY

THROWING ON THE WHEEL • AGES: 8-17

New students will learn about clay forms, tools, glazes and studio safety. Returning students will learn to alter forms and explore new types of decoration. Students must purchase additional supplies that cost approximately \$20. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467860-02 M	6/24-8/19	1:00p-3:30p	6/21	\$50/\$75
467824-12 M	6/24-8/19	6:00p-8:30p	6/21	\$50/\$75

Note: No class Jul 15.

ART WORKSHOP

POTTERY ON THE WHEEL • AGES: 12 & UP YOUTH WITH PARENT

Spend an afternoon getting acquainted with the potter's wheel. Create one wheel thrown piece of pottery. Work will be available for pick-up at a later date. Both parent and child must register as individual students. Instructed by Shara Wertz.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-17 W	7/03	4:30p-6:30p	6/28	\$35/\$53

ADULT ARTS & CRAFTS

A BIT OF VARIETY: THE SPICE OF LIFE

This section features arts and crafts of various topics. Take time to look at all the wonderful opportunities available to you!

ACRYLIC PAINTING • AGES: 18 & UP

Explore the brilliance and versatility of acrylic paints. Build new skills in all aspects of painting on canvas while participating in both individual and group projects. Students must purchase supplies that cost approximately \$75-100. Instructed by Beverly Furman.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467820-05 Th	6/27-9/05	1:00p-3:00p	6/21	\$50/\$75

CERAMICS • AGES: 18 & UP

Discover your individual style! Ceramics is all about the elements and principles of design, color, pattern, sheen, texture, shape and line. Students must purchase all supplies including greenware, glazes, brushes, etc. Approximate cost of supplies is \$25. Instructed by Barbara Pope.

LOCATION: TARRALLTON RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
462804-01 M	6/24-8/26	10:00a-12:30p	6/21	\$40/\$60
462804-02 M	6/24-8/26	1:00p-3:30p	6/21	\$40/\$60

DRAWING • AGES: 18 & UP

Explore line, perspective, shading, shapes and textures while practicing the fundamentals of drawing. Bring a 14x17" sketchbook, #2 pencils and a kneaded eraser to each class. Approximate cost of supplies is \$15. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467810-01	M	7/08-8/26	6:30p-8:30p	6/28	\$50/\$75

MOSAICS • AGES: 18 & UP

Equipment: Safety glasses are required. Tools are available for classroom use only.

Go ahead & break something! Mosaic art is simply the process of adhering tiles, glass, broken crockery, pebbles etc. to any smooth wooden surface. Mosaic designs may be used to decorate wooden frames, small table tops, pre-poured stepping stones, bird baths, tiles, & sculpture! Tools are available for classroom use and safety glasses are required at all times.

Instructor: Patricia Isenhour

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467818-01	W	7/10-8/28	10:00a-12:30p	7/05	\$50/\$75

OIL PAINTING: ALLA PRIMA • AGES: 18 & UP

Capture the moment with direct and expressive brush strokes! Each painting is completed in one sitting during class. Only natural and non-toxic solvents and diluents permitted. Students must purchase supplies that cost approximately \$50-75. Instructed by Bernard Conda.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467820-07	W	7/17-8/21	6:00p-8:30p	7/12	\$60/\$90

OIL PAINTING • AGES: 18 & UP

Dive into the rich, irresistible texture of oil paint and experience its unmistakable depth and vibrancy. Students must purchase their own supplies. Approximate cost of supplies \$75-100.

Instructed by: Tom Murphy

LOCATION: FAIRLAWN RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467820-09	M	6/24-8/26	6:30p-8:30p	6/21	\$40/\$60

ORIENTAL BRUSH PAINTING: SUMI-E • AGES: 18 & UP

Bring nature to life; express the essence of a painting with the beauty and grace of simple brush strokes. Students must purchase supplies that cost approximately \$30. Supply list provided at the first class. Instructed by Joan Grosch.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467822-02	W	6/26-7/24	10:30a-12:30p	6/21	\$23/\$35

BLACK & WHITE PHOTOGRAPHY • AGES: 18 & UP

Equipment: Students must bring a 35mm camera for use during class.

Black and white photography is a classic art form. Learn to get the best results from your camera and develop photos in a darkroom designed for 35mm processing. Students must purchase supplies that cost approximately \$30. Instructed by Lenore Teevan.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467823-01	W	7/10-8/28	6:30p-9:00p	7/05	\$125/\$188

POTTERY

POTTERY ON THE WHEEL: BEGINNER-ADVANCED • AGES: 18 & UP

Learn how to center, throw and glaze as well as how to use equipment properly and safely. Students must purchase additional supplies that cost approximately \$25. Instructed by Pam Gray.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467824-02	Tu	6/25-8/27	6:30p-8:30p	6/21	\$50/\$75
467824-04	W	6/26-8/28	10:00a-12:00n	6/21	\$50/\$75
467824-01	W	6/26-8/28	6:30p-8:30p	6/21	\$50/\$75

POTTERY ON THE WHEEL: INTERMEDIATE AGES: 18 & UP

Prerequisite: Completion of the introductory course or equivalent skill level. Must have experience centering clay and throwing forms to include cylinders and bowls.

Explore the mystery of the ancient craft of throwing clay on the potter's wheel. Expand your skills in centering, form and glazing. Students must purchase additional supplies that cost approximately \$25. Instructed by Mildred Tickle.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467824-06	Tu	6/25-8/27	10:00a-12:00n	6/21	\$50/\$75

OPEN STUDIO GUIDELINES

Open Studio time is available at Titustown Visual Arts Center for registered pottery wheel students, age 18 and over, at no additional cost. Students can work on their skills in the pottery studio where they attend class only. Time is limited to 10 total hours and is on the honor system. Studio hours are posted and are subject to change each quarter based on course schedules and dependent on studio resources.

Guidelines for All Students:

- Over-sized or hand-built pieces can only be made with approval of studio staff. Creation of production pottery is not permitted. Studio resources cannot support this. The studio is intended to be a learning environment only.
- Glazing must be done under the guidance of studio staff.
- Only work produced during actual class time can be fired.
- Kilns are fired only when filled to capacity. Firing will conclude the final week of classes.
- Participants must clean wheels thoroughly after each use. Prior to leaving the studio, all work spaces must be cleaned, to include the sink area.
- For safety reasons, participants are not permitted to load or unload kilns.

POTTERY ON THE WHEEL: ADVANCED AGES: 18 & UP

Prerequisite: Completion of the intermediate course or equivalent skill level. Instructor permission required.

Develop new skills while focusing on simplicity of form, balance and proportion. Use color and design to compliment your work. Students must purchase additional supplies that cost approximately \$25. Instructed by Mildred Tickle.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
467824-05	F	6/28-8/30	10:00a-12:00n	6/21	\$50/\$75

QUILTING • AGES: 18 & UP

Quilt the time-honored way--by hand. Learn to cut, piece, sew and finish a quilt. Explore design, composition and color as well. Students must purchase supplies that cost approximately \$30. Instructed by Edith Hughes.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467826-07 M	6/24-8/26	10:00a-12:00n	6/21	\$30/\$45
467826-03 Tu	6/25-8/27	6:30p-8:30p	6/21	\$30/\$45
467826-01 Th	6/27-9/05	10:00a-12:00n	6/21	\$30/\$45
467826-02 Th	6/27-9/05	6:30p-8:30p	6/21	\$30/\$45

Note: No class Jul 4.

SILVER JEWELRY • AGES: 18 & UP

Students of all levels work independently with the guidance of teaching staff to develop individual designs while learning to saw, file, solder and polish metal. Beginning students should be able to bezel set a stone by the completion of this session. Advancing students will refine skills and learn additional techniques. Tools are available for classroom use. Students must purchase supplies that cost approximately \$25-\$75 depending on project selection. Call (757) 441-1227 for supply list. Instructed by Fred and Barbara Mason.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467830-03 Tu	6/25-8/27	10:00a-12:00n	6/21	\$55/\$83
467830-04 Tu	6/25-8/27	6:30p-8:30p	6/21	\$55/\$83
467830-01 Th	6/27-9/05	6:30p-8:30p	6/21	\$55/\$83
467830-05 Sa	6/29-8/17	10:00a-12:30p	6/21	\$55/\$83

Note: No class Jul 4.

STAINED GLASS

Supplies: Students must purchase supplies. Costs will vary depending on individual choice of glass. Initial cost of start-up supplies is approximately \$50-75. Supply list provided at first class.

Equipment: Safety glasses are required.

BEGINNERS STAINED GLASS • AGES: 18 & UP

Explore light and color in this introduction to the art of stained glass! Beginning projects teach glass-cutting, copper foil technique, lead coming technique and soldering. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467832-01 W	6/26-8/14	6:30p-9:00p	6/21	\$55/\$83

INTERMEDIATE STAINED GLASS • AGES: 18 & UP

Prerequisite: Completion of Beginners Stained Glass or equivalent skill level. Instructor's permission required.

Build and refine skills in cutting, foiling, lead coming and soldering. Students will construct a flat panel lamp. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467832-02 M	6/24-8/12	6:30p-9:00p	6/21	\$55/\$83

ADVANCED STAINED GLASS • AGES: 18 & UP

Prerequisite: Completion of Intermediate Stained Glass or equivalent experience.

Instructor permission required

Develop and challenge your skills by constructing a Tiffany-style lamp or a project of your choice. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467832-03 M	6/24-8/12	6:30p-9:00p	6/21	\$55/\$83

ADULT WORKSHOPS

A DAY WITH BEES • AGES 18 & UP

Gather like bees! Create a multi-media collage by placing photographs, text and three-dimensional objects between layers of beeswax. Call 441-1227 for supply list. Instructed by Leigh Babcock.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-01 Sa	8/03	10:00a-1:00p	7/26	\$35/\$53

CERAMIC MASKS • AGES 18 & UP

Create a clay mask in a fun, collaborative workshop. Sculpt a mask out of stoneware clay and decorate with colorful underglazes. Instructed by Pam Grey.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-18 Sa	7/27	10:00a-1:30p	7/19	\$35/\$53

HOT GLASS • AGES 18 & UP

Enjoy a unique art experience with a one-day workshop in fusing, slumping, surface etching or Dalle de Verre (also known as faceted glass). Encourage a friend to register too! Students must purchase supplies that cost approximately \$10-\$15. There will be a 30-minute break for lunch. Bring a bagged lunch and drink. Limited class size. Instructed by Robert Peterson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-06 F	7/26	10:00a-1:00p	7/19	\$35/\$53

SEWING 101 • AGES 18 & UP

A practical workshop for beginners! Understand the basics of operating a sewing machine and how to custom a sewing pattern. Call 441-1227 for supplies. Instructed by Deloris Johnson.

LOCATION: TITUSTOWN VISUAL ARTS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
467856-14 Sa	7/27	10:00a-1:00p	7/19	\$35/\$53



Art participant Beth Shapiro Miller gets creative in the "A Day with Bees" beeswax workshop.

DANCE & MUSIC

REGISTRATION BEGINS JUNE 3RD.

LAKEWOOD DANCE & MUSIC CENTER

1612 Willow Wood Drive

Norfolk, VA 23509

Office: (757) 441-5833

Fax: (757) 441-5905

LAKEWOOD DANCE & MUSIC CENTER HOURS	
DAYS	OFFICE HOURS
MON - THU	9:30A-1:00P; 3:00P-6:00P
FRI	9:30A-1:00P; 3:00P-5:00P
SAT	CLOSED
SUN	CLOSED
DAYS	INSTRUCTIONAL HOURS (SUBJECT TO CLASSES)
MON	9:30A- 12:00N; 3:30P-9:30P
TUE	9:30A-11:30A; 4:00P-9:00P
WED	9:30A-12:30P; 3:30P-9:30P
THU	9:30A-12:00N; 2:00P-9:30P
FRI	9:30A-11:30A; 2:00P-7:00P
SAT	9:30A-2:00P

Note: Parents picking up minor children must arrive five to ten minutes before class ends.

JUNE RECITAL PERFORMER INFORMATION

The Norfolk Department of Recreation, Parks and Open Space, in conjunction with the Lakewood Dance/Music Advisory Committee's Annual Dance Recital will be held June, 2013 at the Harrison Opera House. Rehearsal for the performance is part of each dance course's curriculum. Students do not have to participate in the performance in order to take the class. However, if performing, extra rehearsal time may be required. Students who wish to participate in the June 2013 Recital must take both the Winter and the Spring session of the same dance class. The following is a list of rules related to participation in this event:

Class Participation:

Students are not required to participate in the performance. However, in order to participate, students must abide by class rules, including but not limited to the following:

- Be on time for class, follow instructions and be respectful of the instructor and/or fellow students.
- Miss no more than three (3) class periods per course enrolled. The following will constitute an absence:
 - Arriving ten (10) minutes after the class start time.
 - Non-participation of ten (10) minutes or more, cumulatively, during the class period.
 - Leaving a class prior to the last ten (10) minutes of the class period

Dress Rehearsal:

All performers must attend the dress rehearsal in order to perform in the show.

Costumes:

All performers will be in costume. There is typically one specific costume per course. Costume prices generally range from \$30-75 each. Costumes are to be worn as determined by the instructor and must not be altered in any fashion. Fees are due the first week of February. If you have any questions, contact the Lakewood Dance staff at (757) 441-5833.

JUNE DANCE RECITAL



Wednesday, June 19th
Time: 5:00p
Harrison Opera House
160 E. Virginia Beach Blvd.
Norfolk, VA 23510
Tickets \$10 per person
(Ticketmaster surcharges apply.)



Tickets are sold at The Scope Box Office, 201 E. Brambleton Ave, Norfolk. Ticket sales dates will be announced in class. Tickets are also available online at www.ticketmaster.com. If not sold out, tickets will be available one hour prior to the show at Harrison Opera House. For more information, call Lakewood Dance & Music Center at (757) 441-5833.

Note: All sales are final. All persons regardless of age must have a ticket for this event. Take care to consider whether a young child can sit through this performance. Be aware that children who are disruptive will not be allowed to remain in the theater. Be considerate of others in the audience and of your little one's comfort. Performers do not need a ticket.

Classes fill quickly. Register early!

Dress for Dancing Success

Please follow the dress codes for all dance classes.

Ballet & Aspiring Little Dancers:

Gals' dress code: Leotard (any color), pink tights and pink ballet slippers. Hair must be up off the neck.

Guys' dress code: White t-shirt, sweat pants and black ballet slippers.

Pre-Point and Pointe: See instructor for proper shoes and fit.

Jazz:

Gals' dress code: Leotard (any color), pink tights and pink ballet slippers or jazz shoes. Hair must be up off the neck.

Leggings and jazz pants may be worn if not covering feet.

Guys' dress code: White t-shirt, sweat pants and black jazz shoes or ballet slippers.

Contemporary Jazz/Lyrical:

Dress code: Conservative jazz or ballet clothing (any color).

Footwear: Dance sandals, dance peds or bare feet.

Tap:

Dress: Any comfortable non-binding clothing that does not hinder movement. Pants must not be so long that they cover the ankles and feet.

Footwear: Black tap shoes must be worn.

Hip Hop:

Dress Code: Conservative jazz, ballet or athletic clothing (any color).

Footwear: Ballet slippers, jazz or tennis shoes (any color).

Ethnic:

Dress Code: Any comfortable non-binding clothing that does not hinder movement.

Footwear: Bare feet only, please.

Ballroom & Line Dance:

Dress Code: Any comfortable non-binding clothing that does not hinder movement.

Footwear: Jazz shoes or hard sole shoes with a smooth non-gripping surface; no rubber sole shoes.

CREATIVE DANCE II • AGES: 5-6

Prerequisite: Five-year-olds must have completed three consecutive sessions of Creative Dance I. New six-year-old students must have completed a minimum of one session of Creative Dance I.

Continue to grow and expand on the basic skills learned in Creative Dance I.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438302-02	Sa	6/29-8/31	9:30a-10:30a	6/21	\$32/\$48

BALLET: AGES 7 & UP

BALLET I: LEVEL A • AGES: 7-13; 13 & UP

Class includes barre work, basic ballet skills, attention to posture and safe stretching techniques.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 7-13

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-01	Sa	6/29-8/31	11:30a-12:30p	6/21	\$32/\$48

LOCATION: NORFOLK FITNESS & WELLNESS CENTER: AGES: 7-13

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-02	Tu	6/25-8/27	5:30p-6:30p	6/21	\$32/\$48

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 13 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438341-02	W	6/26-8/28	7:00p-8:00p	6/21	\$32/\$48
438341-03	Sa	6/29-8/31	9:30a-10:30a	6/21	\$32/\$48

BALLET I: LEVEL B • AGES: 7-13

Prerequisite: Ballet I, Level A or equivalent dance skills. Instructor permission required.

Study emphasizes more advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-06	Th	6/27-8/29	4:30p-5:30p	6/21	\$29/\$44

Note: No class Jul 4.

BALLET I: LEVEL C • AGES: 8-13

Prerequisite: Ballet I, Level B or equivalent dance skills. Instructor permission required.

Study emphasizes more advanced barre work, center work and ballet skills.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438306-05	F	6/28-8/30	5:30p-6:30p	6/21	\$32/\$48

BALLET II • AGES: 9-18; 13 & UP

Prerequisite: Completion of Ballet I or equivalent dance skills. Instructor permission required.

Study emphasizes more advanced barre work, center work and ballet skills. Participation in a second ballet course per week is strongly recommended.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 9-18

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438308-01	F	6/28-8/30	4:00p-5:30p	6/21	\$45/\$68

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES: 13 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438342-01	W	6/26-8/28	8:00p-9:30p	6/21	\$45/\$68

LOCATION: NORFOLK FITNESS & WELLNESS CENTER: AGES: 13 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438342-02	Sa	6/29-8/31	11:00a-12:30p	6/21	\$45/\$68

BALLET, TAP & JAZZ FOR ALL AGES

ASPIRING LITTLE DANCERS: AGES 2-6

CREATIVE: MOMMY & ME • AGES: 2-4

Experience creative movement and learn basic rhythms through the use of percussion instruments. Enhance social skills through exciting games and simple art projects. Fee includes parent and one child. Parent must participate with child at every class and should wear comfortable clothing.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438303-01	M	6/24-8/26	11:00a-12:00n	6/21	\$64/\$96

CREATIVE DANCE I • AGES: 4-6

The world of dance introduces children to self-awareness and self-expression. Students develop coordination, basic motor skills and social skills while interacting with other children.

LOCATION: CROSSROADS RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438301-07	M	6/24-8/26	4:00p-5:00p	6/21	\$32/\$48

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438301-01	Th	6/27-8/29	3:30p-4:30p	6/21	\$29/\$44
438301-04	Sa	6/29-8/31	10:30a-11:30a	6/21	\$32/\$48

Note: No class Jul 4.

BALLET III • AGES: 11-18

Prerequisite: Completion of Ballet II or equivalent dance skills. Instructor permission required. Continue a more serious study of steps and techniques with an emphasis on performance. Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination. Participation in a second ballet course per week is strongly recommended.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438309-01 Th	6/27-8/29	4:00p-5:30p	6/21	\$40/\$60

Note: No class Jul 4.

BALLET III TECHNIQUE • AGES: 13 & UP

Prerequisite: Completion of Ballet III or equivalent dance skills. Instructor permission required. Strengthen technical skill at an advanced level with an emphasis on proper technique, strength, coordination and performance. Participation in a second ballet course per week is strongly recommended.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438309-05 Sa	6/29-8/31	12:30p-2:00p	6/21	\$45/\$68

BALLET APPRENTICE PROGRAM

The Ballet Apprentice Program is for the serious, committed dance student. Certain prerequisites must be met and instructor's permission is required to enroll. These courses focus solely on technique. There will be no rehearsal or performance included in the dance recitals.

APPRENTICE BALLET I/II TECHNIQUE • AGES: 9 & UP

Prerequisite: Ballet II or equivalent dance skills. Must be currently enrolled in any Ballet II or III course to participate in this course. Instructor permission required. Study emphasizes more advanced barre work, center work and ballet skills.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438304-01 Tu	6/25-8/27	4:15p-5:15p	6/21	\$32/\$48

APPRENTICE BALLET III TECHNIQUE: PRE-POINTE AGES: 11 & UP

Prerequisite: Ballet III or equivalent dance skills. Must be enrolled in any Ballet III or higher course to participate in this course. Instructor permission required. Continue your ballet training in this structured and disciplined classical ballet technique course. Gain strength in the ankles and feet in preparation for pointe work.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438305-01 F	6/28-8/30	4:00p-5:00p	6/21	\$32/\$48

APPRENTICE BALLET IV: BEGINNING POINTE AGES: 11 & UP

Prerequisite: Ballet III or equivalent dance skills. Must be enrolled in two ballet classes per week to participate in this course. Enrollment in Apprentice Ballet III is strongly recommended. Instructor permission required.

Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438307-01 F	6/28-8/30	5:00p-6:00p	6/21	\$32/\$48

LAKEWOOD BALLET COMPANY

To participate in Ballet Company courses, students must be able to confidently execute intermediate level pointe work and ballet technique. A very strong commitment to dance is expected. If you are interested in progressing in Ballet Company, participation in three or more ballet classes per week is recommended. Company members are required to participate in "Dance Magic" and June Dance Recitals. You will also be required to sign up for the Ballet Choreography Class in the fall and spring.

BALLET COMPANY I • AGES: 12 & UP

Prerequisite: Completion of Apprentice Ballet III and Beginning Pointe or equivalent dance skills. Instructor permission required.

Learn classical ballet technique in this structured and disciplined course. Emphasis is placed on understanding ballet terminology, proper execution of steps and placement and musicality. Build strength and flexibility while learning more challenging steps and combinations. Pointe work is continued at this level. To be in Company I you must register for the following classes.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438314-01 M	6/24-8/26	4:00p-5:30p	6/21	\$44/\$66
438314-02 M	6/24-8/26	5:30p-6:00p	6/21	\$15/\$23
438307-01 F	6/28-8/30	5:00p-6:00p	6/21	\$32/\$48
438314-03 F	6/28-8/30	6:00p-7:00p	6/21	\$32/\$48

BALLET COMPANY II • AGES: 13 & UP

Prerequisite: Completion of Ballet Company I or equivalent dance skills. Instructor permission required.

Strengthen technical skill at an intermediate level with an emphasis on proper technique, strength and coordination, increasing flexibility, as well as exactness and power while dancing. Pointe work is continued at this level. To be in Ballet Company II you must register for the following classes.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438310-01 M	6/24-8/26	4:00p-5:30p	6/21	\$44/\$66
438310-02 M	6/24-8/26	5:30p-6:00p	6/21	\$15/\$23
438310-03 M	6/24-8/26	6:00p-6:30p	6/21	\$15/\$23
438310-04 W	6/26-8/28	4:00p-5:30p	6/21	\$44/\$66

BALLET COMPANY III • AGES: 14 & UP

Prerequisite: Completion of Ballet Company II or equivalent dance skills. Dancer must have a strong commitment to dance. Instructor permission required.

Emphasis will be placed on technical vocabulary as well as an accurate understanding of correct placement and strong technical execution of steps. Intermediate and advanced pointe work will be taught. To be in Ballet Company III you must register for the following classes.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438311-01 M	6/24-8/26	4:00p-5:30p	6/21	\$44/\$66
438311-02 M	6/24-8/26	5:30p-6:00p	6/21	\$15/\$23
438311-03 M	6/24-8/26	6:00p-6:30p	6/21	\$15/\$23
438311-04 W	6/26-8/28	4:00p-5:30p	6/21	\$44/\$66

JAZZ: AGES 7 - ADULT

JAZZ DANCE I • AGES: 7-15

Have fun learning the free and energetic techniques of jazz dance. This form of dance can be seen in movies, on musical theater stage and television. Class will include various styles, basic patterns and techniques of jazz dance.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438316-01 Th	6/27-8/29	6:30p-7:30p	6/21	\$29/\$44

Note: No class Jul 4.

JAZZ DANCE II • AGES: 9-16; 16 & UP

Expand on the styles, terminology and techniques of jazz dance. This intermediate class has an emphasis on performance.

AGES 9-16

Prerequisite: Completion of a minimum of three sessions of Jazz I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438317-01	Th	6/27-8/29	5:30p-6:30p	6/21	\$29/\$44

Note: No class Jul 4.

AGES 16 & UP

Prerequisite: Completion of Jazz I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438354-01	W	6/26-8/28	6:00p-7:00p	6/21	\$32/\$48

JAZZ DANCE III • AGES: 12-17; 16 & UP

Continue your jazz training with an emphasis on performing.

AGES 12-17

Prerequisite: Completion of Jazz I and II or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438318-01	Tu	6/25-8/27	6:00p-7:00p	6/21	\$32/\$48

AGES 16 & UP

Prerequisite: Minimum of three years of Jazz or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438355-01	Tu	6/25-8/27	6:30p-8:00p	6/21	\$45/\$68

JAZZ DANCE IV/CONTEMPORARY • AGES: 14 & UP

Prerequisite: Requires advanced dance skills and a strong commitment to dance.

Instructor permission required.

Explore the movement and expression of contemporary, jazz and modern dance.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

Activity #	Day	Date	Time	Reg by	Fee/NR Fee
438356-01	W	6/26-8/28	5:30p-6:30p	6/21	\$32/\$48

TAP: AGES 7-ADULT

TAP DANCE I: LEVELS A & B • AGES: 7-15; 14 & UP

Learn different styles and techniques of the only dance form that has its origins in America. Tap is easy to learn, and a fun, excellent way to exercise and develop a sense of rhythm.

LEVEL A:

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 7-15

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438324-01	Tu	6/25-8/27	4:00p-5:00p	6/21	\$32/\$48
438324-03	Sa	6/29-8/31	10:30a-11:30a	6/21	\$32/\$48

LOCATION: NORVIEW COMMUNITY CENTER: AGES 7-15

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438324-04	M	6/24-8/26	6:00p-7:00p	6/21	\$32/\$48

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 14 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438358-01	M	6/24-8/26	7:30p-8:30p	6/21	\$32/\$48

LEVEL B

Prerequisite: Completion of Tap I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 14 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438358-03	M	6/24-8/26	6:30p-7:30p	6/21	\$32/\$48

TAP DANCE II • AGES: 9-15; 16 & UP

Expand on the basics learned in Tap I.

AGES 9-15

Prerequisite: Completion of a minimum of three sessions of Tap I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438325-01	Tu	6/25-8/27	5:00p-6:00p	6/21	\$32/\$48
438325-02	Sa	6/29-8/31	11:30a-12:30p	6/21	\$32/\$48

AGES 16 & UP

Prerequisite: Completion of Tap I or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438359-01	M	6/24-8/26	7:30p-8:30p	6/21	\$32/\$48
438359-03	Th	6/27-8/29	11:00a-12:00n	6/21	\$29/\$44

Note: No class Jul 4.

TAP DANCE III • AGES: 12-15; 16 & UP

Continue your tap training with an emphasis on performing.

AGES 12-15

Prerequisite: Completion of Tap I and II or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438326-01	Tu	6/25-8/27	4:00p-5:00p	6/21	\$32/\$48

AGES 16 & UP

Prerequisite: Minimum of three years of Tap or equivalent dance skills. Instructor permission required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
428360-01	W	6/26-8/28	7:00p-8:00p	6/21	\$32/\$48

TAP DANCE IV • AGES: 14-18

Prerequisite: Requires advanced dance skills and a strong commitment to dance.

Instructor permission required.

Advanced tap dancers will be challenged to improve tap technique and knowledge.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438327-01	Tu	6/25-8/27	5:00p-6:00p	6/21	\$32/\$48

CONTEMPORARY & MODERN DANCE

LYRICAL DANCE • AGES: 16 & UP

Prerequisite: Requires advanced dance skills and a strong commitment to dance.

Instructor permission required.

Lyrical Dance is an emotionally-charged, ballet-based dance form that also combines modern technique.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438365-01	Tu	6/25-8/27	8:00p-9:00p	6/21	\$32/\$48

HIP-HOP DANCE • AGES: 7-13; 14 & UP

Enjoy the energetic and self-expression of hip-hop dance.

These fast-paced classes are designed for those who want to experience a fun and free form of dance.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER : AGES 7-13

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438313-01	Th	6/27-8/29	5:30p-6:30p	6/21	\$29/\$44

Note: No class Jul 4.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER: AGES 14 & UP

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438363-01	W	6/26-8/28	8:00p-9:00p	6/21	\$32/\$48

BALLROOM

SOCIAL DANCE: BALLROOM & LATIN • AGES: 16 & UP

Make your way to the ballroom dance floor. Learn the steps to favorites such as the Waltz, Swing, Rumba, Cha-cha and Tango. Dances will be covered as time permits. Call (757) 441-5833 to see what dances are being covered in this session. It is strongly recommended to sign up with a partner. Individual students may pair up, if desired, but having a partner is not guaranteed.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438343-01	M	6/24-8/26	8:30p-9:30p	6/21	\$32/\$48

ETHNIC DANCE (FEMALES ONLY)

BELLY DANCE I • AGES: 16 & UP

Have fun and tone your muscles while exploring the ancient art of Middle Eastern Belly Dance. Learn warm-ups, basic moves, isolations, choreography and self-interpretation of music.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438345-01	Th	6/27-8/29	7:30p-8:30p	6/21	\$29/\$44

Note: No class Jul 4.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438345-02	Th	6/27-8/29	5:30p-6:30p	6/21	\$29/\$44

Note: No class Jul 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438345-03	Tu	6/25-8/27	11:00a-12:00n	6/21	\$32/\$48

BELLY DANCE III • AGES: 16 & UP

Prerequisite: Must have taken Belly Dance II at least six sessions with regular attendance. Preferable to have performed in at least two Norfolk Recreation Recitals in a Belly Dance II classes. Must demonstrate proficiency in basic veil and zil technique.

Audition for instructor and instructor permission required.

Students will enhance their performance skills by participating in impromptu solo exercises during class; performing a solo dance; and choreographing a dance and teaching it to the class.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438347-01	Th	6/27-8/29	8:30p-9:30p	6/21	\$29/\$44

Note: No class Jul 4.

HAWAIIAN DANCE • AGES: 16 & UP

Dance your heart out and get a light dose of exercise and stretching in this course designed for women. Learn to hula and tell the song's story with lovely hands and gentle hip sways.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438367-01	M	6/24-8/26	10:00a-11:00a	6/21	\$32/\$48

LINE DANCE I • AGES: 16 & UP

Learn traditional line dances plus some current trends in country line dancing. Class will include one, two and four wall dances as well as circle dances. No partner required.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438349-01	W	6/26-8/28	10:30a-11:30a	6/21	\$32/\$48

MUSIC INSTRUCTIONAL PROGRAM

Private Music Instruction

Available for Norfolk residents only, Ages 7 & Up
REGISTRATION DEADLINE: JUNE 21st

10-week sessions available at any level for: piano, voice, guitar (acoustic and electric), banjo, ukulele, mandolin, harmonica, and lap dulcimer (mountain dulcimer). Lessons held at Lakewood Dance & Music Center and Norfolk Fitness & Wellness Center (Room 310 or 312). Cost is \$110. Thursday course is \$99, for nine sessions.

Mon: 6/24-8/26 • Tue: 6/25-8/27 • Wed: 6/26-8/28
Thu: 6/27-8/29 • Fri: 6/28-8/30
Note: No class Jul 4.

4-week sessions available at any level for: voice and strings (violin, viola and cello). Lessons held at various facilities. Cost is \$44.

Mon: 7/15-8/05 • Wed: 7/17-8/07 • Thu: 7/18-8/08

Registration handled in person at the Lakewood Dance & Music Center only. See page 38 for additional information.

The Department of Recreation, Parks & Open Space Presents:

SPRING MUSIC RECITAL

Sunday, June 2
2:00 p.m.

Norfolk Masonic Temple
7100 Granby St, Norfolk 23505

Tickets: \$5/per person
Can be purchased at the door.

For more information, call the Lakewood Dance & Music Center at 757-441-5833.

GUITAR & UKULELE

BEGINNER GUITAR • AGES: 7-10; 11 & UP

Equipment: Bring acoustic or electric guitar.

Learn basic beginner guitar skills and play your first tunes!
Lesson materials cost approximately \$11.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 312): AGES 7-10

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438537-01 Tu	6/25-8/27	5:30p-6:00p	6/21	\$32/\$48
438537-02 W	6/26-8/28	4:00p-4:30p	6/21	\$32/\$48
438537-03 W	6/26-8/28	5:30p-6:00p	6/21	\$32/\$48
438537-04 Th	6/27-8/29	5:00p-5:30p	6/21	\$29/\$44
438537-05 Th	6/27-8/29	6:30p-7:00p	6/21	\$29/\$44

Note: No class Jul 4.

AGES 11 & UP

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438508-01 W	6/26-8/28	2:00p-3:00p	6/21	\$37/\$56
438508-02 W	6/26-8/28	6:00p-7:00p	6/21	\$37/\$56

ADVANCED BEGINNER GUITAR • AGES: 8-12

Prerequisite: Must know 3 of the 5 basic chord shapes (AED), know where they are on the first 3 strings and be able to switch from chord to chord smoothly.

As a continuation of Beginner Guitar, students focus on completing Hal Leonard Guitar Method, Book 1. Lesson materials cost approximately \$11.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 312)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438536-01 Th	6/27-8/29	6:00p-6:30p	3/29	\$32/\$48

INTERMEDIATE GUITAR • AGES: 11 & UP

Prerequisite: Must know the 5 basic chord shapes (CAGED) in first position and know the notes on all 6 strings in first position.

Equipment: Bring your acoustic or electric guitar.

Students will review beginner guitar concepts and learn more difficult chords and rhythms. Lesson materials cost approximately \$11.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 312)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438509-01 W	6/26-8/28	7:00p-8:00p	6/21	\$37/\$56

UKULELE • AGES: 9 & UP

Equipment: Bring your ukelele with you to class.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 312)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438524-01 Tu	6/25-8/27	6:00p-7:00p	6/21	\$37/\$56

PERCUSSION (DRUMS)

RHYTHM, BAND & MORE • AGES: 4-6

Have a rockin' good time in this interactive class designed to help children develop a clear sense of rhythm! Children gain hands-on experience with percussion instruments while playing rhythm games set to music. Instruments provided. Students will also sing and play tone bells.

LOCATION: CROSSROADS SCHOOL (RM C104)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438510-01 Th	7/18-8/08	3:30p-4:00p	6/21	\$13/\$20
438510-02 Th	7/18-8/08	4:00p-4:30p	6/21	\$13/\$20

INTRO TO PERCUSSION • AGES: 9 & UP

Have you ever wondered if you would like playing percussion instruments? Learn the basic fundamentals for playing the snare drum and drum set in a small class setting. Students are required to bring drumsticks. Approximate cost is \$5-\$8.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438512-01 M	7/15-8/05	5:30p-6:00p	6/21	\$13/\$20
438512-02 M	7/15-8/05	6:00p-6:30p	6/21	\$13/\$20

INTERMEDIATE PERCUSSION • AGES: 11 & UP

Prerequisite: One year of percussion experience.

Students are required to bring a practice pad and drumsticks starting with the first lesson. Instructor will provide purchasing details at first class. Approximate cost is \$22.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438513-01 M	7/15-8/05	6:30p-7:30p	6/21	\$15/\$23

PIANO

DAVID CARR GLOVER METHOD FOR PIANO

The David Carr Glover Method for Piano is a progressive music instructional program designed for students to enjoy the learning experience. Skill levels are identified by book color and are listed below in order of progression.

YOUTH BEGINNER PIANO • AGES: 7-12

Lesson materials cost approximately \$15. A list of required materials is provided by instructor at first class.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 310)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438514-01 Tu	6/25-8/27	4:30p-5:00p	6/21	\$32/\$48
438514-02 Tu	6/25-8/27	5:00p-5:30p	6/21	\$32/\$48
438514-03 Tu	6/25-8/27	5:30p-6:00p	6/21	\$32/\$48
438514-04 Tu	6/25-8/27	7:00p-7:30p	6/21	\$32/\$48
438514-05 Tu	6/25-8/27	7:30p-8:00p	6/21	\$32/\$48
438514-06 Th	6/27-8/29	4:30p-5:00p	6/21	\$29/\$44
438514-07 Th	6/27-8/29	6:00p-6:00p	6/21	\$29/\$44
438514-08 Th	6/27-8/29	6:30p-7:00p	6/21	\$29/\$44

Note: No class Jul 4.

YOUTH GREEN PRIMER LEVEL I • AGES: 7-12

Prerequisite: Students must have completed one session of Youth Beginner Piano. Lesson materials cost approximately \$15.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 310)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438515-01 Tu	6/25-8/27	4:00p-4:30p	6/21	\$32/\$48
438515-02 Tu	6/25-8/27	6:00p-6:30p	6/21	\$32/\$48
438515-03 Th	6/27-8/29	5:00p-5:30p	6/21	\$29/\$44

Note: No class Jul 4.

YOUTH BLUE BOOK LEVEL I/RED BOOK LEVEL II AGES: 7-12

Prerequisite: Completion of Green Primer Level or equivalent skills. Instructor permission required.

Lesson materials cost approximately \$15.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 310)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438516-01 Tu	6/25-8/27	6:30p-7:00p	6/21	\$32/\$48
438516-02 Th	6/27-8/29	5:30p-6:00p	6/21	\$29/\$44

Note: No class Jul 4.

TEEN & ADULT BEGINNER PIANO • AGES: 13 & UP

Lesson materials cost approximately \$19. A list of required materials is provided by instructor at first class.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 310)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438527-01 M	6/24-8/26	10:00a-11:00a	6/21	\$37/\$56
438527-02 W	6/26-8/28	7:00p-8:00p	6/21	\$37/\$56

ADULT BLUE BOOK/RED BOOK LEVELS I & II AGES: 13 & UP

Prerequisite: Completion of one session of Teen & Adult Beginner Piano. Instructor permission required.

Lesson materials cost approximately \$19. A list of required materials is provided by instructor at first class.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 310)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438528-01 M	6/24-8/26	11:00a-12:00n	6/21	\$37/\$56
438528-02 Th	6/27-8/29	7:00p-8:00p	6/21	\$33/\$50

Note: No class Jul 4.

STRINGS



Instructor Jennifer Scott and her happy string students at the Spring 2012 Music Recital.

BEGINNER STRINGS • AGES 10 & UP

Bring your violin, viola or cello and learn the parts/ care of your instrument and how to play basic tunes by first plucking and eventually using the bow. Lesson materials cost approximately \$14. A list of required materials is provided by the instructor at first class.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM C312)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438520-01 M	7/15-8/05	5:30p-6:00p	6/21	\$13/\$20

ADVANCED/BEGINNER STRINGS • AGES 10 & UP

Prerequisite: Three months to one year experience playing violin, viola, cello, or string bass.

Bring your violin, viola, cello, or bass and learn scales, and additional notes and rhythms. Lesson materials cost approximately \$9 (may already have book). A list of required materials is provided by the instructor at first class.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM C312)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438521-01 M	7/15-8/05	6:00p-7:00p	6/21	\$15/\$23

INTERMEDIATE STRINGS • AGES 11 & UP

Prerequisite: Two years experience playing violin, viola, cello, or string bass.

Receive instruction on bowing, scales, syncopation, shifting and group playing skills. Popular and classical music will be used to teach the above skills.

LOCATION: CROSSROADS SCHOOL (RM C101)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438522-01 M	7/15-8/05	7:00p-8:00p	6/21	\$15/\$23

VOICE

MY FIRST VOICE CLASS • AGES 5-7

"Do-re-mil!" Learn basic vocal fundamentals to include breath control, solfege syllables (do, re, mi, etc) and basic rhythms while singing age appropriate music. Teacher: Susan Hagel

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438534-01 W	7/17-8/07	5:00p-6:00p	6/21	\$15/\$23

YOUTH VOICE • AGES 8-12

"Do-re-mil!" Learn basic vocal fundamentals to include breath control, solfege syllables (do, re, mi, etc) and rhythms while singing Disney, Broadway and folk tunes. Teacher: Susan Hagel

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438533-01 W	7/17-8/07	6:00p-7:00p	6/21	\$15/\$23

BROADWAY VOICE • AGES 11 & UP

Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more while singing music from Broadway shows. Teacher: Dante Walston

LOCATION: NORFOLK FITNESS & WELLNESS CENTER (RM 310)

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438541-01 M	6/24-8/26	6:00p-7:00p	6/21	\$37/\$56

VOICE • AGES 11 & UP

Learn basic vocal fundamentals to include breath control, note reading, rhythms, posture, ear training, sight reading and more! Enjoy a variety of music while learning to sing.

Teacher: Elizabeth Simmons

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438532-01 F	6/29-8/31	6:00p-7:00p	6/21	\$37/\$56

CHORUS • AGES 13 & UP

Participants will learn basic elements of vocal technique and diction while singing choral literature in a group setting.

Director: Susan Hagel

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438542-01 W	7/17-8/07	7:00p-8:00p	6/21	\$15/\$23

OLDIES BUT GOODIES VOICE • AGES 55 & UP

Sing music from the 1940's, 50's, 60's and 70's while learning proper breath control, rhythms, and posture.

Teacher: Elizabeth Simmons

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438531-01 F	6/29-8/31	1:00p-2:00p	6/21	\$37/\$56

HEALTH & FITNESS

REGISTRATION BEGINS JUNE 3. ALL FITNESS REGISTRATION IS HELD AT THE NFWC, MON-FRI, 9:00A-5:30P.

AN AEROBICS & FITNESS ASSOCIATION OF AMERICA (AFAA) APPROVED TRAINING SITE

7300 Newport Avenue, Norfolk, VA 23505

Front Desk: (757) 823-4301

Fax: (757) 823-4313

Mission Statement: To provide life long community fitness, aquatics and wellness programs for the residents of the City of Norfolk.

NFWC HOURS OF OPERATION

DAYS	MAIN OFFICE	MEMBERSHIP OFFICE	FACILITY
MON-FRI	8:00A-5:00P	9:00A-5:45P	6:30A-8:15P
SAT	8:00A-1:00P	9:00A-1:00P	8:00A-4:45P
SUN	CLOSED	CLOSED	CLOSED

NOTE: NFWC SWIMMING POOL HOURS ARE LISTED ON PAGE 6 AND ONLINE AT WWW.NORFOLK.GOV/RPOS/POOLS.ASP. CONTACT (757) 823-4301 FOR ADDITIONAL ASSISTANCE.

NFWC MEMBERSHIP FEES

MEMBERSHIPS VALID FOR ONE YEAR FROM DATE OF PURCHASE.

PASS TYPE	RESIDENCY STATUS	AGES	COST
ANNUAL	RESIDENT	4 & BELOW FREE WITH ADULT MEMBERSHIP	
ANNUAL	RESIDENT	5-7	\$25
ANNUAL	RESIDENT	8-14	\$50
ANNUAL	RESIDENT	15-23	\$65
ANNUAL	RESIDENT	24-65	\$120
ANNUAL	RESIDENT	66-80	\$75
ANNUAL	RESIDENT	81 & UP	FREE
ANNUAL	NON-RESIDENT	ALL	\$250
SINGLE DAY	RESIDENT	5-18	\$5
SINGLE DAY	RESIDENT	19-80	\$10
SINGLE DAY	RESIDENT	81 & UP	FREE
SINGLE DAY	NON-RESIDENT	ALL	\$15
WEEKLY	RESIDENT	ALL	\$30
WEEKLY	NON-RESIDENT	ALL	\$45
MONTHLY	RESIDENT	ALL	\$75
MONTHLY	NON-RESIDENT	ALL	\$100
REPLACEMENT CARD		ALL	\$5

NOTE: PARENT/LEGAL GUARDIAN MUST BE AN NFWC MEMBER IN ORDER FOR CHILD(REN) UNDER AGE 15 TO JOIN. CHILD(REN) UNDER AGE 18 MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN DURING THE APPLICATION PROCESS. A BIRTH CERTIFICATE OR STATE-ISSUED I.D. IS REQUIRED FOR AGES 17 AND UNDER IN ORDER TO OBTAIN MEMBERSHIP.

NFWC WORKSHOPS & SPECIAL SERVICES

FREE FITNESS ORIENTATIONS • AGES: 15 & UP


Learn how to properly use all equipment in the NFWC fitness studios. Personal 20-minute orientations are offered daily. Cost is included in the annual membership fee. Register at the NFWC member services desk or call (757) 823-4301 for more information.

PERSONAL FITNESS ASSESSMENTS • AGES: 15 & UP

Trained fitness staff are available at the Norfolk Fitness & Wellness Center to perform personal fitness assessments. This service is available to the general public as well as NFWC members Mon-Fri, 7:00a-8:00p. This service is free for NFWC members. Register at the NFWC membership office or call (757) 823-4301 for more information.

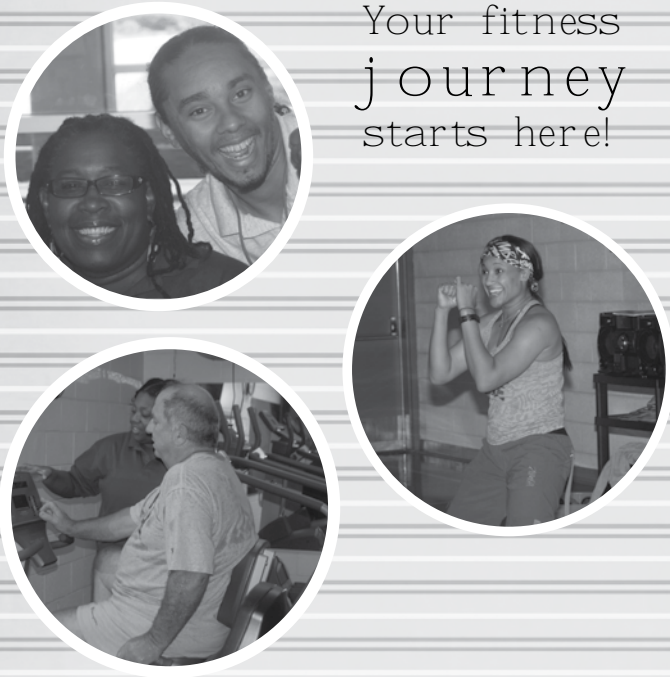
CUTS PERSONAL TRAINING • AGES: 15 & UP

Improve your overall mental and physical health by losing body fat, increasing lean muscle mass, and improving flexibility and stamina. This strength and conditioning personal training program is designed for men and women using semi-intense weight and cardiovascular training. CUTS is available to NFWC members only, Mon-Fri, 7:00a to 7:00p, and is led by an Aerobic Fitness Association of America (AFAA) certified personal fitness trainer. Cost is \$30 for a 45-minute private session. Register at the NFWC Membership office. Call (757) 823-4301 for more information.



NORFOLK
FITNESS & WELLNESS CENTER

Your fitness
journey
starts here!



AFAA® PERSONAL FITNESS TRAINER CERTIFICATION COURSE • AGES: 18 & UP

Prerequisite: Early registration and advanced study preparation is required. Study guide is included in the cost of registration. Weight room and weight training experience is strongly recommended.

Aspiring and experienced fitness professionals working one-on-one with exercise clients can prepare for both AFAA's® Personal Fitness Trainer Certification and the Personal Fitness National Boards in this three-day certification workshop. The workshop features lectures, practical demonstrations and written and practical exams.

Register by calling 1-800-923-2346 or visiting www.affa.com.

AFAA® PRIMARY GROUP EXERCISE CERTIFICATION COURSE • AGES: 18 & UP

Prerequisite: Early registration, self-study before program and group exercise teaching experience. Current CPR/AED certification required before certificate is issued. (The Practical Skills & Choreography workshop is a useful precursor.)

This class is for aspiring group exercise instructors who's training and educational background has prepared them to take the AFAA Primary Group Exercise Certification Course.

Register by calling 1-800-923-2346 or visiting www.affa.com.

WeightWatchers® AGES: 18 & UP

For almost 50 years Weight Watchers has helped millions of people lose weight and keep it off. They are the world's leading provider of weight management services. Weight Watchers holds over 45,000 meetings each week where members receive group support and learn about healthy eating patterns, behavior modifications and physical activity. In addition, Weight Watchers offer a wide range of products, publications and programs for those interested in weight loss and weight control.

Meets: Wed: 5:00p & 6:30p Meetings last 45 minutes.
Please arrive 1/2 hour before the meeting time to register. Visit WeightWatchers.com for more details.

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YOUTH FITNESS

FIT KID ZONE! • AGES: 5-14

Inspired by the rising numbers of obese children across the nation, Fit Kid Zone! (FKZ) at the Norfolk Fitness and Wellness Center is designed to teach kids to have fun while exercising. A fitness specialist will teach proper use of cardiovascular and resistance equipment, while incorporating other recreational activities and games. Cost to participate in FKZ is included in the annual membership fee to NFWC. To learn more about Fit Kid Zone!, contact (757) 823-4301 and ask to speak with a fitness specialist!

Hours:
Mon-Fri: 4:00p-7:00p • Sat: 10:00a-1:00p • Sun: Closed

TEEN & ADULT FITNESS PROGRAMS

CARDIO TRAINING

LOW IMPACT EXERCISE & STRETCHING • AGES: 15 & UP

Increase your energy level, improve your health and tone muscles in an aerobic workout with minimal joint stress. Bring a towel for floor work.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438402-02	W	6/26-8/28	9:30a-10:30a	6/21	\$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438402-03	W	6/26-8/28	5:30p-6:30p	6/21	\$25/\$38
438402-04	Sa	6/29-8/31	9:30a-10:30a	6/21	\$25/\$38

INTRO TO STEP AEROBICS • AGES: 15 & UP

Are you new to Step Aerobics? Try this class to learn the basics. Class includes techniques of bench stepping. Benches are provided. Bring a towel for floor work.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
435431-01	Tu/Th	6/25-8/29	5:30p-6:00p	6/21	\$25/\$38

Note: No class Jul 4.

STEP AEROBICS • AGES: 15 & UP

Prerequisite: Prior participation in Low Impact Exercise & Stretching or Intro to Step Aerobics encouraged.

Step your way to better health! Cross train with step aerobics. Class includes techniques of bench stepping. Benches are provided. Bring a towel for floor work.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438403-02	Tu	6/25-8/27	6:00p-7:00p	6/21	\$25/\$38
438403-03	Th	6/27-8/29	6:00p-7:00p	6/21	\$25/\$38
438403-04	Sa	6/29-8/31	8:30a-9:30a	6/21	\$25/\$38

Note: No class Jul 4.

CARDIO BLAST • AGES: 15 & UP

Prerequisite: Prior participation in Low Impact Exercise & Stretching or Intro to Step Aerobics encouraged.

Designed to incorporate body weight exercises with high repetitions, this class will keep the heart pumping as you walk, run, or crawl your way to a successful new you!

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
435448-01	M/W	6/24-8/28	4:15p-4:45p	6/21	\$25/\$38

AQUA ZUMBA • AGES: 15 & UP

Aqua Zumba offers a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and exhilarating beyond belief. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during this class. Come join the party.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
435437-01	M	6/24-8/26	12:00n-1:00p	6/21	\$25/\$38
435437-03	Th	6/27-8/29	12:00n-1:00p	6/21	\$25/\$38

Note: No class Jul 4.

Classes fill quickly. Register early!

ZUMBA® • AGES: 15 & UP

Lose pounds and inches, trim and tone every muscle in your body and burn 700 or more calories per hour in this party-style workout! Zumba® is a Latin inspired dance workout that uses Latin and international music. By utilizing the moves and tempo of Latin dance, Zumba provides a fun workout experience set to exciting music and is easy to learn.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-01 Th	6/27-8/29	9:30a-10:30a	6/21	\$25/\$38

Note: No class Jul 4.

LOCATION: LAMBERT'S POINT COMMUNITY CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-02 W	6/26-8/28	5:30p-6:30p	6/21	\$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-03 M	6/24-8/26	5:30p-7:00p	6/21	\$38/\$57

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438408-04 Tu	6/25-8/27	5:30p-6:30p	6/21	\$25/\$38

ZUMBA® GOLD • AGES: 50 & UP

Zumba® Gold is a class designed for the mature active adult population and for those just beginning an exercise program. The music and movements have been tailored to address the specific needs of a mature active population or those just beginning an exercise program. This workout is a wonderful way to become active, remain active and enjoy dancing.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438409-01 Tu	6/25-8/27	9:30a-10:30a	6/21	\$25/\$38
438409-02 F	6/28-8/30	10:30a-11:30a	6/21	\$25/\$38

ZUMBA MIX • AGES: 15 & UP

This class incorporates Latin dance, kickboxing and martial arts with aerobic exercise to gain flexibility, strength, endurance and cardiovascular benefits.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438401-01 Th	6/27-8/29	6:30p-7:30p	6/21	\$25/\$38
438401-02 F	6/28-8/30	9:30a-10:30a	6/21	\$25/\$38

Note: No class Jul 4.

STRENGTH TRAINING & TONING

30 MINUTE ABS • AGES: 15 & UP

Focusing on upper, lower and side abdominal muscles, participate in exercises designed to increase torso strength and reduce lower back strain.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438420-01 Tu	6/25-8/27	7:00p-7:30p	6/21	\$13/\$20
438420-02 W	6/26-8/28	7:30p-8:00p	6/21	\$13/\$20
438420-03 Th	6/27-8/29	7:00p-7:30p	6/21	\$13/\$20

Note: No class Jul 4.

BODY WORKS METHOD • AGES: 15 & UP

Take Strength Training and mind and body to the next level with the total body blend of cardio, sculpt and core to lengthen and lean your muscles.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438498-01 Tu	6/25-8/27	9:00a-10:00a	6/21	\$25/\$38

EXTREME CORE • AGES: 15 & UP

Extreme Core will push your limits! This core class will target multiple muscles in various ways to promote core function, strength and endurance. This class will benefit those looking for moderate to high intensity exercises and to excel the mind, body and spirit.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438421-01 W	6/26-8/28	5:00p-6:00p	6/21	\$25/\$38

PUMP IT UP • AGES: 15 & UP

By the end of this hour long workout you will have completed over fifty repetitions for every major muscle group in your body. By increasing your muscle strength and endurance your body will strengthen and tone in record time.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
435431-02 M/W	6/24-8/28	7:00a-8:00a	6/21	\$50/\$75
435431-01 Tu/Th	6/25-8/29	4:30p-5:30p	6/21	\$50/\$75

Note: No class Jul 4.

WOMEN ON WEIGHTS (WOW) • AGES: 18 & UP

WOW is a class in which women get the benefits of a one-on-one training with a Certified Personal Trainer in a group setting. This highly interactive class encourages confidence and teaches women to be comfortable in the gym setting. If you are looking to take results to the next level, sign up for WOW today! The 6:00p session is for beginners and 7:00p session for intermediate level.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438426-02 Tu/Th	6/25-8/29	6:00p-6:45p	6/21	\$50/\$75
438426-01 Tu/Th	6/25-8/29	7:00p-7:45p	6/21	\$50/\$75

Note: No class Jul 4.

GET ON THE BALL • AGES: 18 & UP

This stability ball exercise class focuses on increasing joint mobility, flexibility, coordination, balance and strength. The stability ball is an excellent way to strengthen your core and allow you to use multiple muscle groups at the same time. This exercise class is a great way to improve how your body functions.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
435447-01 M/W	6/24-8/28	8:00a-9:00a	6/21	\$50/\$75

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
435447-02 M	6/24-8/26	5:30p-6:30p	6/21	\$25/\$38

TONING WITH RESISTANCE • AGES: 15 & UP

Tone and strengthen major muscle groups using free weights, bands and other methods. Lighter weights (with higher repetitions) as opposed to heavier weights (with lower repetitions) are utilized in an effort to strengthen muscles rather than "bulking up." Equipment will be provided.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
438422-01 Tu	6/25-8/27	7:00p-8:00p	6/21	\$25/\$38
438422-02 Th	6/27-8/29	7:30p-8:30p	6/21	\$25/\$38

Note: No class Jul 4.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
418422-03 W	6/26-8/28	6:30p-7:30p	6/21	\$23/\$35

BOOT CAMP • AGES: 15 & UP

Boot camp is a fun, innovative way to lose fat and build muscle. Both men and women will find Boot Camp to be a team-oriented challenge with empowering results. Run, jump, push and pull your way to a better body with a Certified Personal Trainer giving you the motivation you need to reach the next level.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438426-01	W/F	6/26-8/30	6:00p-6:45p	6/21	\$50/\$75

LOW IMPACT BOOT CAMP • AGES: 15 & UP

If you love Boot Camp style classes but need one with minimal joint stress, give this class a try. Boot Camp is an exciting exercise class that will continue to challenge your body each week.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
435435-01	M	6/24-8/26	6:30p-7:30p	6/21	\$25/\$38

WARRIOR FITNESS • AGES: 15 & UP

In this class you will run, jump, sweat, lift, throw, push, and pull in complete random sequence. All exercises are done at high intensity, the goal is simple... kill the routine!

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
435440-01	M/W	6/24-8/28	6:45a-7:30a	6/21	\$50/\$75

TONING, STRENGTH & FLEXIBILITY

PILATES® I • AGES: 15 & UP

Equipment: Bring exercise mat to each class.

Pilates® is a series of simple, yet challenging, exercises designed to tone, strengthen and lengthen muscles. It focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates® exercises teach breathing awareness and alignment of the spine with the aim to strengthen the deep torso muscles. Stretch bands will be used during this class and are provided.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438411-01	W	6/26-8/28	9:30a-10:30a	6/21	\$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438411-02	F	6/28-8/30	7:00p-8:00p	6/21	\$25/\$38

PILATES® II • AGES: 15 & UP

Prerequisite: Completion Pilates® I or equivalent Pilates® abilities.

Equipment: Bring exercise mat to each class.

Continue to perform exercises learned in Pilates® I while adding more challenging elements to your routine. Stability balls and stretch bands will be used during this class. Bands are provided.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438412-02	W	6/26-8/28	6:30p-7:30p	6/21	\$25/\$38
438412-01	F	6/28-8/30	5:00p-6:00p	6/21	\$25/\$38

PILATES® CORE & MORE • AGES: 15 & UP

Prerequisite: Completion Pilates® I or equivalent Pilates® abilities.

Equipment: Bring exercise mat to each class.

Work your core and more with this total body, Pilates®-inspired class. Traditional Pilates® exercises along with other core and full body functional exercises will get your body strong, lean, toned and flexible. Each class will feature a variety of exercises and exercise equipment to include physioballs, bands, weights and Pilates® rings. Bring a towel for stretching exercises as well as for supporting your head during floor work.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438413-01	M	6/24-8/26	10:00a-11:00a	6/21	\$25/\$38

PILOXING • AGES: 15 & UP



An exciting, new inter-disciplinary program that mixes Pilates and Boxing moves into a fat torching, muscle sculpting, core centric interval workout guaranteed to be both challenging and fun.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438499-01	Th	6/27-8/29	9:00a-10:00a	6/21	\$25/\$38

INTRO TO YOGA • AGES: 15 & UP

Equipment: Bring exercise mat and yoga blocks to each class.

Learn proper breathing and relaxation techniques while performing flexibility exercises and poses to enhance posture and increase range of motion. Modifications can be made to exercises to allow for participation by individuals with physical limitations. These modifications will be demonstrated.

LOCATION: LAKEWOOD DANCE & MUSIC CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438415-01	W	6/26-8/28	10:30a-11:30a	6/21	\$25/\$38

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438415-02	Tu	6/25-8/27	4:00p-5:00p	6/21	\$25/\$38
438415-03	F	6/28-8/30	6:00p-7:00p	6/21	\$25/\$38

YOGA I • AGES: 15 & UP

Prerequisite: Completion of Intro to Yoga or equivalent yoga basic abilities. Instructor permission required.

Equipment: Bring exercise mat and yoga blocks to each class.

Continue to perform proper breathing and relaxation techniques learned in Intro to Yoga while adding more challenging postures to your routine. Modifications can be made to exercises to allow for participation by individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438416-01	M	6/24-8/26	11:30a-12:30p	6/21	\$25/\$38

YOGA II • AGES: 15 & UP

Prerequisite: Completion of Yoga I or equivalent yoga abilities. Instructor permission required.

Equipment: Bring exercise mat and yoga blocks to each class.

Continue to perform proper breathing and relaxation techniques learned in Yoga I while adding more challenging postures to your routine. Modifications can be made to exercises to allow for participation by individuals with physical limitations. Modifications will be demonstrated.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438417-01	M	6/24-8/26	11:30a-12:30p	6/21	\$25/\$38

YOGA III • AGES: 15 & UP

Prerequisite: Completion of Yoga I and II. Instructor permission required.

Equipment: Bring exercise mat and yoga blocks to each class.

Continue to perform proper breathing and relaxation techniques learned in Yoga I and II while adding more challenging postures to your routine.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438418-01	F	6/28-8/30	4:00p-5:00p	6/21	\$25/\$38

Classes fill quickly. Register early!

SENIOR ADULT PROGRAMS

REGISTRATION BEGINS JUNE 3RD.

Senior adults can take any adult course listed in Good Times; however, senior adult courses are only available to individuals age 55 & better unless otherwise noted.

OCEAN VIEW SENIOR CENTER
600 E. Ocean View Avenue
Norfolk, VA 23503
Office: (757) 441-1767
Fax: (757) 441-1851

SOUTHSIDE SENIOR CENTER
925 S. Main Street
Norfolk, VA 23523
Office: (757) 664-6484
Fax: (757) 664-6480

SENIOR CENTERS HOURS OF OPERATION		
DAYS	OCEAN VIEW	SOUTHSIDE
MON	CLOSED	CLOSED
TUE	9:00A-5:00P	9:00A-5:00P
WED	9:00A-5:00P	9:00A-8:00P
THU	9:00A-5:00P	9:00A-5:00P
FRI	9:00A-5:00P	9:00A-4:30P
SAT & SUN	CLOSED	CLOSED

NORFOLK SENIOR CLUBS			
LOCATIONS	DAYS	DATES	TIMES
BAYVIEW RECREATION CENTER	F	YEAR-ROUND	9:00A-3:00P
EAST OCEAN VIEW COMMUNITY CENTER	TH	SEP-MAY	10:00A-3:00P
HUNTERSVILLE RECREATION CENTER	TU	SEP-MAY	11:00A-1:00P
INGLESIDE RECREATION CENTER	W	YEAR-ROUND	10:00A-12:00N
NORVIEW COMMUNITY CENTER	W	SEP-MAY	11:00A-2:00P
SHERWOOD FOREST COMMUNITY CENTER	TH	SEP-MAY	10:00A-1:00P
TARRALLTON COMMUNITY CENTER	F	YEAR-ROUND	11:00A-1:00P
TITUSTOWN RECREATION CENTER	TU/TH	YEAR-ROUND	10:00A-2:00P
YOUNG TERRACE COMMUNITY CENTER	TU/W	YEAR-ROUND	10:00A-2:00P
NOTE: SENIOR CLUB EVENT CALENDAR LISTINGS ARE AVAILABLE AT EACH CLUB LOCATION. SEE PAGE 4 FOR FACILITY ADDRESSES AND PHONE NUMBERS.			

OCEAN VIEW SENIOR CENTER EVENTS			
DAY	DATE	EVENT	TIME
TU	6/04	DOMINOES TOURNAMENT	11:00A
TH	6/13	BICYCLE CLUB/NORTHSIDE PARK	9:30A
F	6/21	IN THE BULB	11:00A
TH	6/27	BICYCLE CLUB/MT TRASHMORE	9:30A
W	7/10	SUMMER WALK	10:00A
TH	7/11	BICYCLE CLUB/CITY PARK	9:30A
TU	7/16	RED, WHITE & BLUE SOCIAL	11:00A
TH	7/25	BICYCLE CLUB/ATLANTIC AVE BOARDWALK	9:30A
F	8/09	OCEAN BREEZE WATER PARK	9:00A
F	8/30	BROWN BAG PICNIC	11:00A
TU	ONGOING	LINE DANCING	10:00A
TU/TH	ONGOING	BILLIARDS/POOL	2:00P
TU	ONGOING	NIFTY KNITTERS	10:30A
TU	ONGOING	TIDEWATER QUILTERS GUILD	9:30A
TU/TH	ONGOING	SENIOR EXERCISE	11:00A
W	ONGOING	60+ CLUB MEETING & ACTIVITY	11:00A
W	ONGOING	SENIOR SERVICES NUTRITION PROGRAM (60+ ONLY)	9:30A
F	ONGOING	BRIDGE CLUB	10:00A



Thursday, Sept 26th
11:00a - 2:00p

Tarrallton Community Center
2100 Tarrallton Drive • Norfolk, VA 23518

Ticket Price: \$5 per person

Purchase tickets beginning July 15th @
Ocean View Senior Center: 757-441-1767 or
Southside Senior Center: 757-664-6484

For more information, call 757-441-2400;
ext. 242.

INGLESIDE RECREATION CENTER SENIOR CLUB EVENTS			
DAY	DATE	EVENT	TIME
1ST W	ONGOING	BUSINESS MEETING	10:00A
2ND W	ONGOING	LUNCH OR MOVIE	10:00A
3RD W	ONGOING	CRAFT OR GUEST SPEAKER	10:00A
4TH W	ONGOING	BOARD OR TABLE GAMES	10:00A

SOUTHSIDE SENIOR CENTER EVENTS			
DAY	DATE	EVENT	TIME
F	6/28	SUMMER OF FUN GAME	10:30A
W	6/19	FATHERS DAY DINNER	5:00P
F	7/12	INDOOR/OUTDOOR COOKOUT	11:30A
W	7/24	TRIP TO WILLIAMSBURG POTTERY	9:30A
TH	8/08	NUTRITION BINGO	11:00A
TH	8/15	WATERMELON FEAST	11:30A
TU/W	ONGOING	BRIDGE CLUB	11:00A
TU/W	ONGOING	COMPUTER TRAINING	10:00A
2ND W	ONGOING	SENIOR CLUB MEETING	1:00P
TH	ONGOING	CHAIR AEROBICS	10:00A
TU/TH	ONGOING	SENIOR SERVICES NUTRITION PROGRAM (60+ ONLY)	10:00A
TU/F	ONGOING	TABLE TENNIS	10:00A
TU/F	ONGOING	SEWING/CROCHETING	10:00A
TU/F	ONGOING	BILLIARDS	3:30P

TARRALLTON COMMUNITY CENTER SENIOR CLUB EVENTS			
DAY	DATE	EVENT	TIME
4TH F	ONGOING	BIRTHDAY CELEBRATION	11:00A

YOUNG TERRACE SENIOR PROGRAM EVENTS			
DAY	DATE	EVENT	TIME
TU	7/02	FOURTH OF JULY GAME DAY	10:00A
TU	7/23	WATERMELON BINGO	11:00A
TU	8/06	POWER HOUR GAMES	11:00A
TU	8/27	BULLETIN BOARD TRIVIA	11:00A
TU	ONGOING	COUPON CLIPPING	10:30A
TU	ONGOING	FITNESS	11:00A

FITNESS

MONTHLY WELLNESS FORUMS

Enjoy free presentations from local health and wellness specialists. RSVP in advance if you plan to attend. Light refreshments will be served.

LOCATION	DAY	DATE	TIME	FEE/NR FEE
Young Terrace	Tu	6/11	11:00a	Free
Ocean View SC	Tu	7/09	11:00a	Free
Southside SC	Tu	8/13	11:00a	Free

ZUMBA GOLD

Zumba® is a Latin-inspired dance workout that uses Latin and international music. By utilizing the moves and tempo of Latin dance, Zumba® provides a fun workout experience set to exciting music and is easy to learn. Zumba® Gold is a class designed for the mature active adult population and for those just beginning an exercise program. The music and movements have been tailored to address the specific needs of a mature active population or those just beginning an exercise program. This workout is a wonderful way to become active and enjoy dancing

LOCATION: OCEAN VIEW SENIOR CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438428-01	W	6/26-8/28	3:00p-4:00p	6/19	\$25/\$38

LOCATION: SOUTHSIDE SENIOR CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438428-02	F	6/28-8/30	3:00p-4:00p	6/21	\$25/\$38

FIT SENIORS CHAIR AEROBICS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights and elastic tubing with handles are used. A chair is used for seated and/or standing support.

LOCATION: OCEAN VIEW SENIOR CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438430-02	F	6/28-8/30	10:00a-11:00a	6/21	\$18/\$27

LOCATION: SOUTHSIDE SENIOR CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
438430-01	W	6/26-8/28	10:00a-11:00a	6/19	\$18/\$27

PING PONG CLUB

LOCATION: HUNTERSVILLE COMMUNITY CENTER, TITUSTOWN COMMUNITY CENTER

DAY	DATE	TIME	REG BY	FEE/NR FEE
Tu	6/25-8/27	11:00a-1:00p	Ongoing	Free

LOCATION: NORVIEW COMMUNITY CENTER, INGLESIDE RECREATION CENTER

DAY	DATE	TIME	REG BY	FEE/NR FEE
W	6/26-8/28	11:00a-1:00p	Ongoing	Free

LOCATION: EAST OCEAN VIEW COMMUNITY CENTER, SHERWOOD FOREST COMMUNITY CENTER, TITUSTOWN COMMUNITY CENTER

DAY	DATE	TIME	REG BY	FEE/NR FEE
Th	6/27-8/29	10:00a-12:00p	Ongoing	Free

LOCATION: TARRALLTON RECREATION CENTER, BAYVIEW RECREATION CENTER

DAY	DATE	TIME	REG BY	FEE/NR FEE
F	6/28-8/30	10:00a-12:00p	Ongoing	Free

ARTS & CRAFTS

SENIOR CERAMICS

Learn techniques and develop skills in decorating and glazing ceramics. Gain knowledge about all aspects of this art to include greenware, bisque, underglazes, glazes, overglazes, stains and techniques such as washing, antiquing, drybrushing, etc. Students must purchase their own supplies to include greenware, glazes, brushes, etc. Approximate cost of supplies is \$35. Call (757) 664-6484 to obtain a supply list. Only work produced during class will be fired. Instructed by Alberta Taylor.

LOCATION: SOUTHSIDE SENIOR CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
461604-02	Th	6/27-8/29	10:30a-11:30a	6/20	\$20/\$30

SENIOR TECHNOLOGY EDUCATION

Note: All courses instructed on computers with Microsoft XP operating systems.

BEGINNER COMPUTER COURSE

Pull a chair up and learn about the computer, its parts and basic maintenance. Basic typing skills will be emphasized using interactive typing programs. Finally, catch a wave and learn how to surf the internet! Instructed by Christina King.

LOCATION: LAMBERTS POINT COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468816-01	Tu/Th	6/25-8/29	10:00a-12:00n	6/18	\$25/\$38

INTERMEDIATE COMPUTER COURSE

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Experiment with the Microsoft family of programs, including Word and Excel. Learn about a computer's operating system, loading and unloading programs and drivers, folder organization and basic home-use troubleshooting. Instructed by Christina King.

LOCATION: LAMBERTS POINT COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468816-08	M/F	6/24-8/26	10:00a-12:00n	6/17	\$25/\$38

Classes fill quickly. Register early!

Senior Social Bowling Club
Every Monday • 9:30a-1:00p • \$7.75/visit
AMF Bowling Lanes
2441 E. Little Creek Road Norfolk, VA

Recreational bowling is a great way to spend time with friends and meet new people. Cost includes three games and shoe rental. Cash or checks accepted, made payable to AMF Bowling Center.

TECHNOLOGY EDUCATION

REGISTRATION BEGINS JUNE 3RD.

Note: All courses instructed on computers with Microsoft XP operating systems.

INTRO TO COMPUTING • AGES: 18 & UP

Learn about the computer, its parts, basic maintenance and the Microsoft XP operating system. Basic typing skills will be emphasized using interactive typing programs. Ethical uses of the internet will be explained and demonstrated. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468810-02	M	6/24-8/26	6:00p-8:00p	6/21	\$45/\$68

MICROSOFT WORD 2003 BASICS • AGES: 18 & UP

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Learn how to use Microsoft Word 2003. Navigate Word toolbars, keyboard shortcuts, tables and borders. Creation of flyers using templates will be introduced. Keyboarding skills will be taught by using interactive typing programs. Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468811-01	Th	6/27-8/29	6:00p-8:00p	6/21	\$41/\$62

Note: No class Jul 4.

MICROSOFT EXCEL

AGES: 18 & UP

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Learn basic spreadsheet functions in Excel, keyboard shortcuts and how to navigate columns and rows.

Instructed by Christina King.

LOCATION: NORVIEW COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468812-01	W	6/26-8/28	6:00p-8:00p	6/21	\$45/\$68

MICROSOFT POWER POINT & PUBLISHER 2003

AGES: 18 & UP

Prerequisite: Proficiency in Beginner Computer Course or equivalent skill level.

Learn how to create professional slide shows by importing pictures, graphics and video from other computer programs. Learn other presentation-enhancing techniques to include setting up rehearsed timings and animation. Create your own publications for print and the web. Instructed by Christina King

LOCATION: LAMBERTS POINT COMMUNITY CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
468814-01	Tu	6/25-8/27	6:00p-8:00p	6/21	\$45/\$68

COMPUTER RESOURCE CENTERS

- Youth grades one to twelve, join us for open computer lab hours each day. Staff are on site to provide homework and computer assistance.
- Ages 16 and older, conquer your fears of technology and learn how to use popular computer software programs through free and low-cost computer access and instruction. Technology education, career services and recreational technology are just some of the programs offered at the centers. Visit www.Norfolk.gov/RPOS for additional information and course schedules.

CENTER	ADDRESS	PHONE NUMBER	HOURS: AGES 16-ADULT	HOURS: GRADES 1-12
CAMPOSTELLA RESOURCE CENTER	1130 LEAKE STREET	(757) 494-3299	MON-FRI/ 9:00A-1:00P	MON-FRI/ 2:00P-6:00P
CAMPOSTELLA HEIGHTS RESOURCE CENTER	1714 MT. VERNON AVENUE	(757) 543-0876	MON-FRI/ 9:00A-1:00P	MON-FRI/ 2:00P-6:00P
DIGGS TOWN RESOURCE CENTER	1401 MELON STREET	(757) 227-9915	MON-FRI/ 9:00A-1:00P	MON-FRI/ 2:00P-6:00P
OAKLEAF FOREST RESOURCE CENTER	1704 GREENLEAF DRIVE	(757) 494-3298	MON-FRI/ 9:00A-1:00P	MON-FRI/ 2:00P-6:00P

Note: Summer Hours are valid from June 17 - August 23, 2013.

THERAPEUTIC RECREATION

REGISTRATION BEGINS JUNE 6TH.

THERAPEUTIC RECREATION CENTER

180 E. Evans Street
Norfolk, VA 23503
Office: (757) 441-1764
Fax: (757) 441-1770



Van symbol: Indicates that transportation is available from participant's home to program location. Space may be limited. Call (757) 441-1764 for more information. Participants signing up for courses with transportation must be registered for the course by "Reg by" date to be considered for transportation. Thank you for your cooperation.

THERAPEUTIC RECREATION CENTER HOURS		
DAYS	OFFICE HOURS	FACILITY HOURS
MON	9:00A-12:00N; 3:00P-4:00P	VARIES BASED ON PROGRAMMING
TUE	9:00A-10:00A; 2:30P-5:00P	VARIES BASED ON PROGRAMMING
WED	9:00A-12:00N; 2:30P-4:00P	VARIES BASED ON PROGRAMMING
THU	CLOSED FOR OFF-SITE PROGRAMS	VARIES BASED ON PROGRAMMING
FRI	11:00A-12:00N; 3:00P-5:00P	VARIES BASED ON PROGRAMMING
SAT & SUN	CLOSED FOR OFF-SITE PROGRAMS	VARIES BASED ON PROGRAMMING

7TH ANNUAL TRC HAWAIIAN LUAU SAT, JULY 13 5:00P-7:00P

Norfolk Fitness & Wellness Center
7300 Newport Ave. • Norfolk

Cost: \$20 per person
Register by July 5

Open to all ages

Learn to dance Hawaiian-style,
swim at your leisure and enjoy a
delicious meal.

If assistance is needed, please provide
one aide per person with disability.
Transportation available, but limited. For
more information, call (757) 441-1764.

TRC Dinner Theater Presents

"Who Done It?"

Fri, July 19
6:30p-8:30p

Therapeutic Recreation Center
180 E Evans Street • Norfolk

Cost: \$15 per person
Register by July 12

Enjoy dinner and a mystery play created
and acted out by your TRC staff. Come
dressed to impress!

If assistance is needed,
please provide one
aide per person with
disability. Transportation
available, but limited. For
more information, call
(757) 441-1764.



Day for People with disABILITIES 2013

A Resource Fair of Service Providers & Organizations that Support Individuals with disABILITIES.

NEW
DATE!

Sat, June 1
10:00a-2:00p
Open to All Ages

Virginia Zoo • 3500 Granby St, Norfolk

Admission: Free to individuals with disabilities and
one caregiver. Regular zoo admission applies to all
other guests. For more info call 757-441-1764.



Classes fill quickly. Register early!

CHILDREN & TEEN PROGRAMS

FOR INDIVIDUALS WITH ANY DISABILITY

All participants must schedule an assessment prior to registering for any course. See page 38 for complete registration information. Call (757) 441-1764 to schedule an assessment.

AQUATICS & WATER ACTIVITIES

CHILLIN' AT THE POOL • AGES: 6-19

Bask in the summer sun while playing with friends in a refreshing outdoor pool! We will enjoy group games as well as some chill time after a long hot summer day. Swimming suits are required.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER, 7300 NEWPORT AVE, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446710-01 M	6/24-8/26	5:30p-6:30p	6/17	\$15/\$23

ATHLETICS & RECREATIONAL SPORTS

ALLEY CATS BOWLING • AGES: 6-19

Head to the AMF Norfolk Lanes for bowling fun! Learn the basic rules of bowling while meeting new people and having fun. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF BOWLING LANES, 2441 E LITTLE CREEK RD. NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
410720-01 Tu	6/25-8/27	5:15p-6:30p	6/18	\$15/\$23

DANCE, MUSIC & RHYTHM

ROMP & ROLL • AGES: 6-12

Calling all movers and shakers! This class will offer a fun and high energy opportunity for children who have some extra energy to burn. They will explore their always developing gross motor skills, play games, and have fun with their peers.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466739-01 Sa	*	9:00a-9:50a	7/05	\$15/\$23

* Mark your calendar: Class meets Jul 13 & 20; Aug 10, 17 & 24.

TRIPS & OUTINGS

GO APE ADVENTURE OUTING • AGES: 6-18

Transportation: Provided from the TRC to event site only.

Tackle challenges head on at Go Ape Treetop Adventure Course. Have a swinging good time with friends! Wear clothes that allow for ease of movement and closed toe tennis shoes. Please pack a bag lunch. A \$35 trip fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: FREEDOM PARK, 5537 CENTERVILLE RD, WILLIAMSBURG, VA 23188

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466793-01 M	7/15	8:30a-1:00p	7/08	\$40/\$60

SURF'S UP WORKSHOP • AGES: 13-19

Transportation: Provided from the TRC to event site only.

Embrace your inner Big Kahuna and learn to surf! This fun workshop will get you stoked while keeping you safe. The workshop includes a softop surfboard, leash, proper fundamentals and techniques, "Surfers' Knowledge" (water safety, surfing etiquette, terminology, meteorology, oceanography, and more) taught by Veteran CPR Certified Surfing Instructors. A \$55 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466792-01 Tu	7/16	8:00a-1:00p	7/09	\$60/\$90

OLDER TEEN & ADULT PROGRAMS

FOR INDIVIDUALS WITH ANY DISABILITY

All participants must schedule an assessment prior to registering for any course. See page 38 for complete registration information. Call (757) 441-1764 to schedule an assessment.

AQUATICS & WATER ACTIVITIES

AQUACISE I • AGES: 18 & UP

Prerequisite: Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Water is the perfect medium for physical rehabilitation. Increase mobility and range of motion during this gentle water workout.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446711-01 M	6/24-8/26	9:00a-9:45a	6/17	\$15/\$23
446711-02 F	6/28-8/30	9:00a-9:45a	6/21	\$15/\$23
446711-03 M/F	6/24-8/30	9:00a-9:45a	6/17	\$25/\$38

AQUACISE II • AGES: 18 & UP

Prerequisite: Proficiency in Aquacise I course or equivalent ability level. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Experience a faster-paced workout to further your physical rehabilitation. This total body workout is not only designed to increase mobility and range of motion, but to increase strength and endurance.

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446730-01 W	6/26-8/28	9:00a-9:45a	6/19	\$15/\$23

AQUACISE I & II COMBO • AGES: 18 & UP

Transportation: Available for Aquacise I only.

Prerequisite: Proficiency in Aquacise I & II course or equivalent ability level. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Add stretching exercises to increase mobility and range of motion from Aquacise I and the faster-paced workout of Aquacise II and you have the perfect workout. Improve mobility, range of motion, increase strength, endurance and flexibility in this comprehensive total body workout!

LOCATION: NORTHSIDE SWIMMING POOL, 8401 TIDEWATER DR, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446730-02 M/W	6/24-8/28	9:00a-9:45a	6/17	\$25/\$38
446730-03 W/F	6/26-8/30	9:00a-9:45a	6/19	\$25/\$38

MODERATE IMPACT AQUA AEROBICS • AGES: 18 & UP

Prerequisite: Must be able to engage in aerobic exercise for minimum of 30 minutes. Must be able to dress and toilet independently. No swimming skills necessary, but must be comfortable standing in water 4' deep without assistance. Swimming suits are required.

Increase your muscle tone and your stamina while participating in this total-body aerobic workout. Class will be held in the outdoor pool if temperature of indoor pool is too warm for exercise.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER, 7300 NEWPORT AVE, NORFOLK, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
446713-01 M	6/24-8/26	5:00p-5:50p	6/17	\$15/\$23
446713-02 Th	6/27-9/05	5:00p-5:50p	6/20	\$15/\$23
446713-03 M/Th	6/24-9/05	5:00p-5:50p	6/17	\$25/\$38

Note: No class Jul 4.

ARTS & CRAFTS

ART MEDLEY • AGES: 18 & UP

Create a variety of new crafts to find your artsy niche. Learn about various styles of art. A \$10 supply fee is included in the course fee and is nonrefundable after the registration deadline..

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466730-01	W	7/31-8/28	10:30a-12:00n	7/24	\$25/\$38

SLUMPING • AGES: 18 & UP

Try this new and exciting technique to put old glass bottles to use in a decorative way! Please bring in glass bottles to use for your creations. A \$20 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466731-01	W	6/26-7/24	10:30a-12:00n	6/19	\$35/\$53

WOOD BURNING WORKSHOP • AGES: 18 & UP

Master the art of wood burning! Use different tips to create elegant and unique designs. A \$7 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466756-01	F	8/16-8/30	12:00n-1:30p	8/09	\$17/\$25

WOOD PAINTING • AGES: 18 & UP

Use acrylic paints to design useful and decorative pieces of wood. During the first class we will travel to Michael's to purchase pieces. Bring cash to purchase pieces. A \$10 supply fee is included in the course fee and is nonrefundable after the registration deadline. Supply fee covers use of equipment and basic paint inventory.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466755-01	F	6/28-8/30	10:00a-11:30a	6/21	\$25/\$38

ATHLETICS & RECREATIONAL SPORTS

SPARES & STRIKES: RECREATIONAL BOWLING AGES: 18 & UP

Learn the basic rules of ten-pin recreational bowling. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental is included.

LOCATION: AMF BOWLING LANES, 2441 EAST LITTLE CREEK RD, NORFOLK, VA

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
410710-01	M	6/24-8/26	12:00n-1:30p	6/17	\$15/\$23

SPARES & STRIKES: SKILL-BUILDING BOWLING AGES: 18 & UP

Prerequisite: Completion of Recreational Bowling or equivalent skill level.

Further your bowling techniques to improve your bowling skills and ball handling techniques. Adaptive equipment is available if needed. Bring \$3 each week (cash only). Shoe rental included.

LOCATION: AMF BOWLING LANES, 2441 EAST LITTLE CREEK RD, NORFOLK, VA

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
410731-01	W	6/26-8/28	4:00p-5:30p	6/19	\$15/\$23

CULINARY

INTERNATIONAL COOKING • AGES: 18 & UP

Travel around the world with your taste buds to places such as Italy, China, and India. Learn how to cook different cuisines from other countries. A \$40 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466747-01	Th	6/27-8/29	10:30a-12:30n	6/20	\$55/\$83

Note: No class Jul 4 & Aug 22.

FITNESS & HEALTH

ADVANCED MEDITATION • AGES: 18 & UP

Deep-breathing meditation will be practiced for 40 minutes using different types of meditative music & sounds to enhance learning, memory, and emotional control. This class will focus on quieting the mind and body while increasing one's ability to focus and pay attention. Class is designed for both participants and parents/caregivers.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466725-01	Tu	6/25-8/27	8:30p-9:10p	6/18	\$15/\$23

CHAIR EXERCISE • AGES: 18 & UP

Perform low to moderate exercises to strengthen muscle, increase flexibility & range of motion, and much more right from your chair. Bring a water bottle and towel. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466721-01	Tu	6/25-8/27	3:00p-3:50p	6/18	\$15/\$23

FITNESS INTERVAL TRAINING (FIT) • AGES: 18 & UP

Start your morning out right with a dose of exercise and fun! Complete an interactive walking routine and power through basic strength training exercises to tone and shape muscles. Bring a water bottle and towel. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466733-01	W	6/26-8/28	9:00a-9:50a	6/19	\$15/\$23

FIT & FUN AT THE GYM • AGES: 18 & UP EXERCISES FOR IMPROVED FITNESS & MUSCLE TONE

Increase your fitness awareness by participating in workouts at the gym. Learn how to use various machines such as treadmills and ellipticals to increase your cardiovascular fitness as well as your overall strength. Bring a gym bag with the proper attire to change into as well as a small towel and water.

LOCATION: NORFOLK FITNESS & WELLNESS CENTER, 7300 NEWPORT AVE, NORFOLK, VA

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466740-01	Th	6/27-9/05	1:00p-2:30p	6/20	\$15/\$23

Note: No class Jul 4.

MORNING STROLLERS • AGES: 18 & UP

Take a morning stroll in the summertime air. We will burn calories and walk off the stress of the week with friends while taking in what this beautiful season has to offer. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466743-01	Th	6/27-9/12	9:00a-9:50a	6/20	\$15/\$23

Note: No class Jul 4 & Aug 22.

NUTRITION FOR LIFE • AGES: 18 & UP

A dietary/lifestyle coach will come to your home and guide you through nutrition and exercise routines where you will learn to manage your weight and improve your overall health through preparing homemade meals. You will have three two-hour classes that will be arranged between you and the instructor. Class is designed for both participants and parents/caregivers. A \$50 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466791-01	TBA*	TBA*	TBA*	6/17	\$60/\$90

* Days and times will be arranged between you and the instructor.

Classes fill quickly. Register early!

STRETCH-AWAY EXERCISE FOR MUSCLE IMPROVEMENT AGES: 18 & UP

Stretch away tension while improving muscle tone and cardiovascular health. Cool down after each class by enjoying healthy, freshly-prepared juice and discuss the health benefits of exercise. Wear tennis shoes and clothing that allows for ease of movement. A \$20 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466722-01	Tu	6/25-8/27	6:00p-7:20p	6/18	\$35/\$53

WAIST AWAY • AGES: 18 & UP

Learn how to become healthier through exercise and proper eating. Participate in group exercise, learn how to make healthy meals and enjoy healthy dinners with peers. A \$20 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466748-01	Th	*	7:00p-9:00p	6/20	\$35/\$53

*Mark your calendar: Meets Jun 27; Jul 11 & 25; Aug 8 & 22.

WEIGHT MANAGEMENT WITHOUT DIETING AGES: 18 & UP

Discussions will be held to better understand the impact of today's foods on our health, and how best to recognize which foods we should eat and which foods are best left on the shelf. A \$20 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466723-01	Tu	6/25-8/27	7:30p-8:30p	6/18	\$35/\$53

MOVIES & MUNCHIES

TASTY TREATS & THEATRE THURSDAYS • AGES: 18 & UP

Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program.

Enjoy nutritious snacks while viewing a variety of movies in the company of friends. A \$10 supply fee is included in the total fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466746-01	Th	*	7:30p-10:00p	7/11	\$25/\$38

*Mark your calendar: Meets Jul 18; Aug 1, 15 & 29; Sep 5.

MUSIC, DANCE & RHYTHM

BANG IT UP: RHYTHM & PERCUSSION • AGES: 18 & UP

Learn to use chimes, rhythm sticks, maracas and more to every type of music you can imagine! Percussion instruments provided.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466726-01	Tu	6/25-8/27	4:00p-4:50p	6/18	\$15/\$23

BEGINNER GUITAR • AGES: 18 & UP

Equipment: Participant must bring an acoustic guitar and a few picks.

Learn simple chords to play familiar tunes.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466749-01	Th	6/27-9/05	6:00p-6:45p	6/20	\$15/\$23

Note: No class Jul 4.

COUNTRY WESTERN LINE DANCE • AGES: 18 & UP

Learn both traditional and current trends in line dancing while having fun socializing with your peers! Wear clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466742-01	Th	6/27-8/29	10:00a-10:50a	6/18	\$15/\$23

HIP HOP FIT • AGES: 18 & UP

Pop it! Lock it! FREEZE! Enjoy the energetic, self-expression of hip hop dance! Get fit with stretches and aerobic moves taught both by dance instructor and video. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466741-01	Th	6/27-9/05	4:00p-4:50p	6/20	\$15/\$23

Note: No class Jul 4.

SALSA DANCING • AGES: 18 & UP

Do you love to dance? Come learn the salsa, cha cha, meringue, and much more. Learn dances taught by instructor and video. Wear tennis shoes and clothing that allows for ease of movement.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466712-01	M	6/24-8/26	2:00p-2:50p	6/17	\$15/\$23

WII® DANCE • AGES: 18 & UP

Dress Code: Wear comfortable clothes and tennis shoes.

Burn those calories as you dance the night away. A variety of Wii® Dance games will be experienced. Juice will be served during break. A \$5 supply fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466754-01	F	*	7:00p-8:30p	6/21	\$20/\$230

*Mark your calendar: Meets Jun 28; Jul 12 & 26; Aug 9 & 23.

TECHNOLOGY

COMPUTER BASICS • AGES: 18 & UP

Are you technologically savvy? If not, you're just who we are looking for! Come learn the foundation of technology – the computer. Learn basic fundamentals to operating the main frame.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466732-01	W	6/26-7/24	3:00p-5:00p	6/29	\$15/\$23

TRIPS & OUTINGS

GO APE ADVENTURE OUTING • AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Tackle challenges head on at Go Ape Treetop Adventure Course. Have a swinging good time with friends! Wear clothes that allow for ease of movement and closed toe tennis shoes. Please pack a bag lunch. A \$55 trip fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: FREEDOM PARK, 5537 CENTERVILLE RD, WILLIAMSBURG, VA 23188

ACTIVITY #	DAY	DATE	TIME	REG BY	FEE/NR FEE
466793-01	M	8/12	8:30a-3:00p	8/05	\$60/\$90

New

ALL ABOARD! AMTRAK EXPRESS • AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Join us for a train ride! We will travel to Richmond by Amtrak; once we are there we will have time to shop, eat, and tour the city! Please wear comfortable clothing and shoes for walking. Bring extra spending money for souvenirs and lunch. A \$50 trip fee is included in the course fee and is nonrefundable after the registration deadline.

LOCATION: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466728-01 Tu	7/02	8:00a-7:30p	6/25	\$55/\$83

BAY DAYS • AGES: 18 & UP

Ahoy mate! Learn about boat safety, water safety, and different types of watercraft. Experience a variety of boating adventures on area waterways. Bring a bag lunch, plenty to drink, sunscreen, bathing suit, and towel. A \$40 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466724-01 Tu	7/02, 7/30 8/06	9:30a-1:00p	6/25	\$50/\$75

BEACH BUMS • AGES: 18 & UP

Travel to our local Ocean View Beach. Learn about beach safety and have fun participating in beach activities. Bring a bag lunch, plenty to drink, sunscreen, bathing suit, towel, and other beach gear.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466723-01 Tu	8/13, 8/20 8/27	9:30a-1:00p	8/06	\$10/\$15

BUSCH GARDENS: A SEASON OF FUN • AGES: 18 & UP

Attention, parents or guardians: Please escort the participant into the TR Center at drop-off to get updates about the program. Dress for the weather taking into consideration both day and night-time temperature differences.

Join your TRC friends for two exciting days full of wild rides, exciting shows, and great food at Busch Gardens! Participants must bring:

- A current Busch Gardens Season Pass or \$35 cash to purchase a day pass.
- \$25 to purchase snacks, drinks, and dinner at the park (cash only). If you have a Busch Gardens refillable cup, bring it for discounted drinks.
- Eat lunch before you get dropped off at the TRC.

A \$25 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466762-01 Sa	6/29, 8/17	2:00p-11:00p	6/21	\$32/\$48

New

COFFEE SHOP HOPPING • AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Travel with us as we seek out the finest coffee shops in Hampton Roads. We will visit shops in Portsmouth, Norfolk, and Virginia Beach in search of the best coffee, tea, or smoothie! Participants should bring \$25 cash to cover the cost of their coffee and food each trip. A \$10 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466795-01 Sa, Su	7/06, 8/25	3:00p-8:00p	6/28	\$17/\$26

OCEAN BREEZE • AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Cool off at Ocean Breeze Water Park! Race down 16 water slides, splash into "Run Away Bay" wave pool, and relax on the new Adventure River! Bring sunscreen, a beach towel, and wear your swimsuit. A \$42 trip fee is included in the course fee and is nonrefundable after the registration deadline. The trip fee will cover admission into Ocean Breeze Water Park and lunch.

LOCATION: OCEAN BREEZE, 849 GENERAL BOOTH BLVD, VA BEACH, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466720-01 Tu	6/25	10:00a-2:30p	6/18	\$47/\$71

PUTT-PUTT PARTYING • AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Join us for a mini golf tour around Virginia Beach. Wear appropriate clothing and shoes for outdoor beach weather. Bring a picnic lunch to enjoy on a nice summer day. Please bring \$15 each day for your putt-putt games.

LOCATION: OCEAN BREEZE, 849 GENERAL BOOTH BLVD, VA BEACH, VA

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466794-01 Tu	7/09-7/23	1:00p-4:00p	7/02	\$10/\$15

SUMMER ESCAPES • AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Travel with us as we explore on land and water. Participants must be able to walk in rough terrain and tolerate the summer heat. Hiking may exceed one mile. Bring a bag lunch. We will stop for a cool treat on the way home. Please wear athletic shoes, no open-toed shoes. A \$25 trip fee is included in the course fee and is nonrefundable after the registration deadline. Trip fee includes treats and cost of the Cape Henry Lighthouse tour. Participants will need to bring \$20 (cash) on the first outing to cover the cost of a cruise on the American Rover.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466770-01 Su	7/21, 8/04	11:00a-4:00p	7/12	\$32/\$48

SURF'S UP WORKSHOP • AGES: 18 & UP

Transportation: Provided from the TRC to event site only.

Embrace your inner Big Kahuna and learn to surf! This fun workshop will get you stoked while keeping you safe. The workshop includes a softtop surfboard, leash, proper fundamentals, and techniques, "Surfer's Knowledge" (water safety, surfing etiquette, terminology, meteorology, oceanography, and more) taught by Veteran CPR Certified Surfing instructors. A \$55 trip fee is included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466792-01 Tu	7/16	8:00a-1:00p	7/09	\$60/\$90

WINE & DINE VINEYARD TOURS • AGES: 21 & UP

Transportation: Provided from the TRC to event site only.

If you like to taste different wines, then join us for local vineyard tours. We will tour three local vineyards and enjoy lunch together. Please bring \$15 (cash) for lunch each trip and extra money if you would like to buy a bottle of wine. Identification is mandatory for all trips. There is a \$35 trip fee included in the course fee and is nonrefundable after the registration deadline.

DEPART FROM: THERAPEUTIC RECREATION CENTER

ACTIVITY #DAY	DATE	TIME	REG BY	FEE/NR FEE
466750-01 F	*	1:00p-4:00p	6/21	\$45/\$68

*Mark your calendar: Meets Jun 28; Jul 12 & 26.

Classes fill quickly. Register early!

TEEN PROGRAMS (MIDDLE/HIGH SCHOOL)

VIVIAN C. MASON TEEN CENTER (VCM)
700 E Olney Road Norfolk, VA 23504 (Office)
Office: (757) 441-1034
Fax: (757) 441-1039

UPCOMING TEEN EVENTS

Participation in these events requires valid Facility Use I.D Card. For additional information, contact event site. See page 4 for location abbreviations and contact information.

Evenings @ VCM Teen Center

Summer evenings held Jun 17-Aug 30.

Join Teens With a Purpose (TWP) for free events at the Vivian C. Mason (VCM) Teen Center. Teens With a Purpose is a peer-led leadership organization that supports youth so they can grow into competent, healthy people and develop to their fullest potential. For more information on these events call (757) 747-2679.

The Gathering

Mondays from 6:00p-8:00p • Ages 12-24

Make new friends, develop your talents, become a leader. Join TWP each Monday for this free gathering. Receive incentives for using your creativity.

Just AART: Artist, Activist, Relying on Technology

Wednesdays from 6:00p-8:00p • Ages 13-19

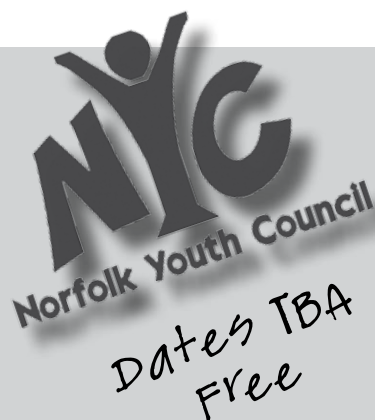
Just AART is a new arts and technology component of TWP. Learn to create positive music, rap, poetry and videos as both a performer and the engineer behind the technology that makes it all happen.

Special Events & Programs

Thursdays from 6:00p-9:00p • Ages 13-19

Enjoy evenings of edu-tainment and self expression while exploring arts, music, drama, poetry and much more.

ACTIVITY/ LOCATION	DAY	DATE	TIME	AGES
Cookie Making Workshop (TR)	W	6/12	6:30p	13-17
Flag Football Tournament (TR)	Th	6/20	6:30p	13-17
Outback 4-Square Challenge (CR)	W	6/26	5:30p	13-17
City-Wide Video Game Challenge (SF)	W	6/26	6:30p	13-17
National Fruits & Veggies Celebration (OV)	Th	6/27	6:00p	13-17
Teen Building Seminar (CQ)	T	7/02	6:00p	13-17
2k13 Tour Tournament (YT)	T & Th	7/09 & 7/11	6:00p	13-17
Creative Writing (OV)	M	7/08	6:00p	13-17
National Video Game Day (marathon) (SF)	M	7/08	6:00p	13-17
Volleyball Superstar Challenge (BK)	Th	7/11	5:00p	13 & Up
Minute to Win It (TR)	Th	7/11	6:30p	13-17
Hoop It Up (3-on-3) (ML)	W	7/17	6:00p	13 & Up
Summer Basketball Skills Challenge (YT)	W	7/17	6:00p	13-17
Basketball Skills Development Session (FL)	W	7/17	6:30p	12-16
Earth Day Program (TR)	W	7/17	6:30p	13-17
Beach Fitness Challenge (CQ)	T	8/06	6:00p	13-17
B-ball Challenge (TR)	T	8/06	6:30p	13-17
3-on-3 Basketball Tournament (YT)	W	8/07	6:00p	13-17
Kickball Tournament (OV)	Th	8/08	6:00p	13-17
Norfolk's Most Fit Teen Contest (LP)	F	8/16	6:00p	13-17
Ice Cream Social (CR)	W	8/21	6:00p	13-17
Back to School Jam (SF)	T	8/27	6:00p	13-17
Berkley Basketball Bash (BK)	F	8/30	10:00a	13-17



State of the Youth Weekend Retreat

Teens in rising grades 7-12 are invited to:
Tour local universities

Learn about exciting teen events in Norfolk
Make new friends

Enjoy games, activities, entertainment and guest speakers

Space is limited. Get more information and register at
www.Norfolk.gov/RPOS or call (757) 441-1034.



REGISTER NOW FOR THE
2013-2014 SCHOOL YEAR!

GRADES: 6-8

The ATB After-School Program mission, in partnership with the 21st Century Community Learning Centers (21st CCLC), is to provide extended academic, social, enrichment and recreational programs that reach the needs of a diverse population within a safe and supportive environment. ATB is designed for middle school students and incorporates the "Community of Caring": Character Education That Works® five core values that include "Caring, Responsibility, Respect, Trust & Family" to help form a foundation of responsible and productive behavior aligned with Search Institute's 40 Developmental Assets® model. For more information about the 40 Developmental Assets® and Character Education That Works®, visit www.search-institute.org and www.communityofcaring.org, respectively.

Register now for the 2012-2013 school year. Registration is accepted on an ongoing basis throughout the school year. Obtain registration form at www.norfolk.gov/rpos/youth_services.asp or call (757) 441-1034. Mail completed registration forms to Bureau of Youth Services, Attn: After The Bell, 700 E. Olney Road, Norfolk, VA 23504. Include first month payment of \$40 with registration form. Only checks or money orders accepted, made payable to Treasurer, City of Norfolk. Financial assistance is available for those who qualify.

Note: Field trips are often scheduled on Thursday early release days. If so, advance notice will be given, otherwise program will not be held on early release days. Early release hours are typically 12:45p-5:30p. Program is also not held on teacher workdays, holidays and on days schools are closed or close early due to inclement weather or other situations.

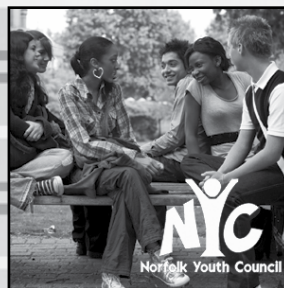
LOCATION: JAMES BLAIR MIDDLE SCHOOL, 730 SPOTSWOOD AVE
PROGRAM INFORMATION TBA.

LOCATION: LAFAYETTE-WINONA MIDDLE SCHOOL, 1701 ALSACE AVE

DAY	DATE	TIME	REG BY	MONTHLY FEE
M-F	9/16/13-6/13/14	3:00p-6:00p	Ongoing	\$40

LOCATION: LAKE TAYLOR MIDDLE SCHOOL, 1380 KEMPSVILLE RD

DAY	DATE	TIME	REG BY	MONTHLY FEE
M-F	9/16/13-6/13/14	3:00p-6:00p	Ongoing	\$40



Join the Norfolk Youth Council and get involved in social issues, community projects, field trips and great fun. Youth Council members serve as the city's youth voice and assist leaders in making Norfolk the best it can be.

JUNIOR COUNCIL: GRADES 6-8

Meets twice a month; times and days of the week vary by location. Meetings take place at recreation facilities throughout city. Check out the Norfolk RPOS website to find your meeting location, www.Norfolk.gov/RPOS.

SENIOR COUNCIL: GRADES 9-12

Meets every 3rd Saturday from 10:00a-1:00p

Location: Vivian C. Mason Teen Center
700 Olney Road, Norfolk, VA 23504

Applications to become members of the Norfolk Youth Council are available online at www.norfolk.gov/rpos or call (757) 441-1034. Mail completed registration forms to Bureau of Youth Services, Attn: NYC, 700 E. Olney Road, Norfolk, VA 23504.

Meet the RPOS Commission

The Recreation, Parks & Open Space Commission serves in an advisory capacity to the RPOS Director and plays a vital role in communicating the recreation needs and desires of citizens to City Council. The Commission is appointed by City Council to be their eyes and ears in the community and to work directly with RPOS in matters pertaining to the health and welfare of the city. For more information, visit www.Norfolk.gov/rpos.



Michael S. O'Hearn
Retired Capt. US Navy
Chair



Courtney Doyle
Vice Chair



Paul L. Ballance



Benjamin Cobb



George H. Curtis, IV



Charles Melcher
Retired Capt. US Navy



Debra Rocke



Charlette Williams

Classes fill quickly. Register early!

REGISTRATION POLICIES & PROCEDURES

How to Register:

- Only in-person registration is accepted. Mail, phone, fax, e-mail and any other method of registration will not be accepted. To learn where to register, see registration location chart on page 39.
- City of Norfolk residents are given a priority period of registration ahead of non-residents. See Resident Registration and Non-Resident Registration headings for more information.
- Courses are generally filled on a first-come, first-served basis. Some courses are subject to a Lottery Registration Process prior to open registration. See separate Lottery Registration Policies & Procedures for more information.
- Completed registration form(s) and full payment are required at registration.
- A separate registration form is required for each person being registered. If additional forms are needed, photocopy original form or pick up copies at any registration location. Registration forms are also available online at www.norfolk.gov/rpos.

Payment:

- Payment is accepted by check or money order made payable to Norfolk City Treasurer. Up to \$10 cash may be accepted per transaction. Post-dated, starter or counter checks not accepted. Name and address must be pre-printed on check. A current state- or military-issued photo I.D. is required when making payment with a check or money order.
- A \$35 service fee is charged for each returned check.

Deadlines & Late Registration:

- Registration deadlines have been set for each course and are listed in the individual course description. If, on the "Reg by" date, enrollment is below the required minimum, the course is subject to cancellation. Prompt registration can make the difference. Register early!
- If enrollment meets the required minimum by the "Reg by" date, late registration will be accepted on a space-available basis. A \$5 late registration fee will apply. No registration will be accepted after the course begins.
- If the course you desire is full, you may request to be placed on a waiting list. If so, payment will not be collected until you are notified that space has become available. Payment and all required registration forms must be received the following business day by 5:00 p.m. or prior to the course start time (whichever comes first), or you forfeit the space to the next individual on the waiting list. Being put on a waiting list does not obligate you to register. Anyone being moved from a waiting list into active registration status after a course deadline will not be charged a late registration fee.

Cancellations & Missed Classes:

- For information regarding refunds, refer to Course Registration Information at any registration location or online at www.norfolk.gov/rpos.
- **If a participant misses a class, every effort will be made to accommodate a make-up of equal cost and skill-set; however no make-up sessions are guaranteed. Please contact course instructor to arrange a make-up session.**
- If a course is cancelled by the Department of Recreation, Parks & Open Space (RPOS) due to insufficient enrollment or any other reason, a full refund will be issued. Every effort will be made to notify you of the cancellation at least five (5) days prior to the course start date. It is advisable not to purchase supplies, equipment or dress gear until you have confirmed that the course will be held.
- If course location, date and/or time are changed by RPOS and a participant must withdraw their registration due to the change(s), a full refund will be issued.
- Class sessions may occasionally be cancelled due to instructor illness, facility closures, inclement weather or other unexpected problems. Every attempt will be made to contact participants. Be sure to maintain current contact information with the instructor and registration office. If a class session is cancelled, a make-up session will be scheduled by extending the dates or hours of the course, if schedule permits. Every effort will be made to schedule the make-up session on the same day and time that the class normally meets.

Program Participation:

- RPOS is fully committed to compliance with provisions of the Americans with Disabilities Act. For inquiries concerning program and disability accommodation, contact Cathy Orletsky at the Therapeutic Recreation Center, (757) 441-1764 or catherine.orletsky@norfolk.gov.

LOTTERY REGISTRATION POLICIES & PROCEDURES

The Norfolk Department of Recreation, Parks & Open Space has determined that the best way to ensure a fair system of registration for certain courses and programs is with a lottery. The lottery registration process is designed to eliminate overnight and/or early morning formation of lines. It also allows for equal opportunity to all individuals, as many people may not be able to compete for a position in early-forming lines due to health issues, family situations, work schedules, etc.

Eligibility: Lottery registration is for City of Norfolk residents only. Non-resident registration begins on a later date and is on a space-available basis. See below.

When to Arrive: Arrive no earlier than 30 minutes prior to the registration start time. Arriving any earlier does not increase your chances of winning the registration lottery. Anyone on Recreation, Parks & Open Space property before dawn and/or after dusk or during facility closing hours is in violation of trespassing and could be subject to arrest.

Process: Lottery tickets will be distributed during the first 30 minutes of the registration process. Tickets will not be handed out after this time. Lottery ticket holders will wait in a designated area until their number is called.

Anyone arriving after ticket distribution will not receive a ticket and cannot participate in the lottery. These individuals must wait in a designated area and will be served in order of arrival after the last lottery ticket holder's registration has been completed. For courses or programs that do not fill to capacity, registration will be accepted on a space-available basis until the published registration deadlines (see course descriptions for dates) or until all spaces are filled, whichever comes first.

Tickets: Only one lottery ticket per family per household will be issued. Professional support organizations and individuals who represent multiple clients with disabilities will be issued one ticket per participant. If it is discovered that anyone is collecting additional tickets by any means, all registrations by that person will be refused and voided from the lottery process. Receiving a lottery number does not guarantee enrollment for a particular course or program. You are not obligated to enroll in any course or program if you receive a lottery number.

Cost: There is no fee to enter the lottery. However, payment for courses and programs is due with registration. All other registration policies apply. See Registration Policies & Procedures at left.

RESIDENT REGISTRATION

Aquatics

Registration begins Saturday, June 8, with a lottery registration process. (See Lottery Registration Policies & Procedures) Register in person at the pool location your class will be held. Lottery tickets will be distributed from 7:30-8:00a. Registration begins promptly at 8:00a. Arrive no earlier than 7:00a. For more information, call the Aquatic Program Hotline at (757) 441-1605.

Arts & Crafts

Registration for Arts & Crafts programs begins Monday, June 3. Registration takes place at the Titustown Visual Arts Center.

Athletics

Registration for Athletic & Recreational Sports programs are accepted on a seasonal basis at the Lakewood Athletic Office. For more information, call Lakewood Athletic Office at (757) 441-5835.

Dance & Music

Registration for Dance & Music programs begins Monday, June 3. Registration takes place at the Lakewood Dance & Music Center.

Fitness

Registration for Fitness programs begins Monday, June 3. Registration takes place at the Norfolk Fitness & Wellness Center.

Senior Recreation

Registration for Senior programs begins Monday, June 3. For fee-based courses, register at the locations indicated on page 39. For Senior Club activities, contact the club location for more information.

Therapeutic Recreation

Registration begins Thursday, June 6, at the Therapeutic Recreation Center with a lottery registration process. (See Lottery Registration Policies & Procedures) Lottery tickets will be distributed from 9:00a-9:30a. Registration begins promptly at 9:30a. Arrive no earlier than 8:30a. In order to register, you must have participated in an intake assessment with a City of Norfolk Certified Therapeutic Recreation Specialist (CTRS) and completed all required forms. For more information, call (757) 441-1764.

NON-RESIDENT REGISTRATION

The Norfolk Department of Recreation, Parks & Open Space is committed to serving the needs of its residents. In order to allow ample opportunity for residents to register for activities, priority is given to residents ahead of non-residents. Non-resident registration for all programs begins on Monday, June 10. Registration locations are indicated on page 39. Call facility for hours of operation.

CLASS REGISTRATION FORM

Please print and fill out completely.

Participant Name (or Parent/Guardian if participant under 18) _____

Address, City, State, Zip Code _____

Phone Numbers (Day) _____ (Evening) _____ E-mail Address _____

PARTICIPANT LAST + FIRST NAME	BIRTH DATE MM/DD/YYYY	SEX	ACTIVITY NUMBER	ACTIVITY NAME	SITE	DAY/TIME	TOTAL FEE

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 441-1764 prior to registration.
Please hand-deliver this completed registration form to the respective activity site (see chart below). Make check payable to *Norfolk City Treasurer*.

Total Amount Due \$ _____
No cash accepted.
Form of payment: _____ Check _____ Money Order
Check/Money Order # _____

Emergency Contact Name: _____ Phone Number: _____ Relationship: _____

Medical Treatment Permission & Acknowledgment of Risks: In consideration of my participation in the activity provided by and through the City of Norfolk Department of Recreation, Parks & Open Space (RPOS), I, for myself or on behalf of the participant who I represent, authorize City of Norfolk employees to take and provide all necessary medical attention should I, or the participant who I represent, be injured while participating or being transported to or from any RPOS-sponsored activity. I have read the policies pertaining to cancellations, refunds, rules and regulations as they pertain to this activity. I acknowledge the risks and responsibilities involved in these activities, and assume the risks and responsibilities involved in these activities. I assume these risks realizing the capabilities of the person(s) participating. I have read this release and understand all its terms and execute it voluntarily and with full knowledge of its significance.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____

Photo Permission Release Agreement: OPTIONAL. I understand that I, or the participant who I represent, may be photographed and/or videotaped while participating in this activity. I agree to allow the City of Norfolk Department of Recreation, Parks & Open Space to use said photographs and/or videotapes in Department publications, media campaigns, and/or for educational and safety training purposes. I further waive any compensation for publishing and/or printing such photographs. I understand that by affixing my signature on this form, I attest to having read, fully understand and agree to the conditions as set forth above.

Signature of participant _____ Signature of parent/guardian (if participant under 18) _____ Date _____



HOW DO I KNOW WHERE TO REGISTER?

COURSE CATEGORY	IF COURSE IS HELD AT:	REGISTER AT:	PHONE#	ADDRESS
AQUATICS	Huntersville Indoor Pool	Huntersville Indoor Pool	(757) 664-7431	830 Goff St.
AQUATICS	NFWC Indoor Pool	NFWC Indoor Pool	(757) 823-4306	7300 Newport Ave.
AQUATICS	Northside Indoor Pool	Northside Indoor Pool	(757) 441-1760	8401 Tidewater Dr.
ARTS & CRAFTS	Any Site Listed	Titustown Visual Arts Center	(757) 441-1227	7545 Diven St.
DANCE	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
FITNESS	Any Site Listed	NFWC	(757) 823-4301	7300 Newport Ave.
MUSIC	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
SENIOR ADULTS	Any Site Listed	Ocean View Senior Center or Southside Senior Center	(757) 441-1767 (757) 664-6484	600 E. Ocean View Ave. 925 S. Main St
SPORTS INSTRUCTION	Northside Tennis Courts	Lakewood Athletic Office	(757)441-5835	1612 Willow Wood Dr.
SPORTS INSTRUCTION	NFWC	NFWC	(757) 823-4301	7300 Newport Ave.
TECHNOLOGY	Any Site Listed	Lakewood Dance & Music Center	(757) 441-5833	1612 Willow Wood Dr.
THERAPEUTIC RECREATION	Any Site Listed	Therapeutic Recreation Center	(757) 441-1764	180 E. Evans St.

DISCLAIMER: Scope of services, course offerings and facility hours advertised herein are subject to change. Recreation, Parks & Open Space staff will notify participants of any pertinent changes and will offer alternative opportunities as appropriate and feasible.

Classes fill quickly. Register early!

Go Skateboarding Day

JUNE 21



**Bowl Jams • Music
Giveaways**

sk8 
NORTHSIDE
NORFOLK, VIRGINIA

Twilight Tours

At Elmwood Cemetery

When: Every Second Friday;
June-September; 6:00-7:30 p.m.

Where: Elmwood Cemetery
238 E. Princess Anne Road

What: Join us under the moon
to tour the graves of Norfolk's
notable citizens interred at
Elmwood and discuss the
Victorian history, tradition and
memorial art that were the
inspiration for the cemetery's
design.

More info: (757) 441-2654

